

Name _____

Therapist _____

Physician _____



Patient Flow Sheet

proaxistherapy™

MPFL Reconstruction

Phase 1 – MOTION AND MOBILITY

Week 0-6

Patellar mobilizations

* *No lateral patellar glides*

* *No Bike due to ROM restrictions*

Quad set progressing to SLR (with NMES, biofeedback)

ROM: emphasize full extension

ROM: 0-30°(week 0-3)

0-45°(week 4)

0-60°(week 5)

0-90°(week 6)

Brace: Locked in extension (weeks 0-6) for WBing

Open to 60° flexion for NWB activities (week 5)

Weight-bearing: PWB with brace locked in extension (weeks 0-3)

WBAT with brace locked in extension (week 4-6)

Phase 2 – ENDURANCE

Week 7-12

Closed-chain progression (+/- including squat, lunge, step-up, bridge)

Progress from double leg to single leg; from stable to unstable surfaces

Balance progression

Initiate bike as ROM allows

ROM: Full ROM restored by week 10

Brace: Open 0-90° for ambulation (weeks 7-8)

Wean out of brace as tolerated (week 9+)

Weight-bearing: progress to FWB

**Note: Non-athletes may be appropriate for discharge to independent home program at this time if able to complete work and life demands. Check for safety with stair negotiation and ambulation on uneven surfaces.*

Phase 3 – STRENGTH

Week 13-20

Increase sets/duration of closed-chain strengthening in varied proprioceptive environments

Initiate squat jump progression from shuttle to gravity dependent position

* No loaded deep knee flexion x 4-6 months

* Avoid leg extension machine for at least 5 months. Limit 90°-30° is used long-term.

Phase 4 – AGILITY, POWER, RETURN TO SPORT

Week 20+

Sport-specific movement patterns practiced in supervised and controlled environment

Graded re-integration into sport activities with MD and PT clearance

Return to Activities

See functional criteria

Running: Month 6

Golf: Short irons at 5 months, full swing with long irons at 6 months. Delay 4-6 weeks if lead leg.

Pivoting/cutting sport: When functional criteria are met and cleared by surgeon, typically 6 months at earliest

Surgeon Comments: