SPORTS MEDICINE ASSOCIATES
Any Athlete. Any Injury. Anytime.®

Geoffrey Glebus, DO
Diplomate American Board of Orthopedic Surgery
Direct Phone: 210-798-8563
Email: glebusteam@smasatx.com

MPFL ALLO/AUTOGRAFT RECONSTRUCTION

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE 1 0-2 WEEKS	As tolerated with brace	On at all times during day and while sleeping** Off for hygiene	0-90°	Heel slides, quad and hamstring sets, patellar mobs, gastroc stretch, SLR in brace, modalities
PHASE 2 2-6 WEEKS	As tolerated with brace	Discontinue at 6 weeks if able to obtain full extension w/o lag*	Maintain full extension and progress flexion	Progress weight bearing flexibility, begin toe raises and closed chain quad work Begin floor-based core and glutes work, balance exercises, hamstring curls and stationary bike
PHASE 3 6 Weeks -4 Months	Full	None	Full	Advance closed chain quads, progress balance, core/pelvic and stability work Begin elliptical, in-line jogging at 12 weeks under PT supervision
PHASE 4 4-6 Months	Full	None	Full	Progress flexibility/strengthening, progression of function: forward/backward running, cutting, grapevine, initiate plyometric program and sport-specific drills @ 16 wks Return to play as tolerated after 16 weeks post-op when cleared by MD

*Brace may be changed to patellar-stabilizing brace (Hely-Weber, Shields, or equivalent) after first post-operative visit
**Brace may be removed for sleeping after first post-operative visit (day 7-10)