



Mid-America Orthopedics

Dr. John Babb

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MEDIAL REEFING/MPFL (W/ LATERAL RELEASE (w/o Osteotomy))

Day 1-6 Post-op

- PT removes bandages on POD #3, keep steri-strips intact until Dr Babb can remove them.
- No ointments, betadine etc should be used on the incisions or portals.
- If any drainage/oozing is present recover with 4x4's, and notify Dr Babb (may need antibiotics).
- **NO ice bags** on any oozing or open wounds without being covered first with a bandage.
- If any wounds are oozing delay range of motion until wounds are closed and healed.
- **NO water on wounds** for 2 weeks (including showers) even if covered, no submersion of wounds in water (baths) until wounds are scars.
- **ROM brace locked in extension while walking**
- **25% Weight bearing**
- Begin flexibility exercises: hamstring, gastroc/soleus stretching, quad
- Begin quadriceps mechanism strengthening including Quad sets and SLR in all planes (Initiate Russian/biofeedback early to facilitate full VMO contraction)
- Begin Grade I-II patellar mobilization in all planes
- **ROM: 0-90**

Day 7-13 Post-op

- **ROM brace locked in extension while walking**
- **ROM: 0-90**
- **WB: 25% WB**
- **Strengthening:** Continue with previous exercise, and mobilization

Day 14-20 Post-op

- **Brace:** on-unlocked
- **WB:** Increase to 50% WB (may progress to single crutch, if pt has good quad control)
- **ROM:** progress to 0-120 (do not push into end-range flexion)
- **Strengthening:** Continue with previous exercises and mobilization

Day 21-27 Post-op

- **Brace:** on-unlocked

- **WB:** Increase to 75%-full WB
- **ROM:** progress to 0-135
- **Strengthening:**
 - Recumbent bike
 - Begin low level CKC exercises including
 - Total gym squats
 - ball bridges

Day 28-41 Post-op

- **Brace:** on- unlocked
- **WB:** Progress to full WB
- **ROM:** 0-135
- **Strengthening:** Continue with exercises as above

6 Weeks Post-op

- **WB:** should be full
- **Brace:** May DC ROM knee brace when strength is 80%. Transition to lateral J brace full time until 6 months post-op
- **ROM:** 0-135
- **Strengthening**
 - Continue progressing previous strengthening exercises
 - Continue with OKC/CKC exercises
 - Vertical Squats
 - Pool Program (walking, strengthening when able)

8 Weeks Post-op

- **ROM:** Full knee AROM
- **Strengthening:**
 - Leg press
 - Vertical Squats
 - Forward & lateral lunges
 - Step ups
 - Bicycle
 - Stair stepper machine

3 Months Post-op

- May begin running program if quadriceps and hamstring strength are at least 80% of non involved limb with normal cartilage surfaces
- **Straight ahead running**
 - Start with 100 yds at half speed on soft level surface
 - Add 100 yds every other day
 - Work up to 1 mile or 1760 yds
- **Gentle lateral movements:**
 - Defensive slide

- Floor ladder
- Figure 8's
- Carioca's
- **Transverse plane movements:**
 - Pivots
 - Steps with rotation
- **Low level plyometrics:** stationary jumps, hops, skipping rope. Refer also to MAO plyometric program
- Golf and Outdoor bike

6 Months Post-op

- **Cutting drills**
- **Advance sport specific drills:**
 - Soccer: Hard kicks if surgery leg is kick leg, do not plant on surgery leg
 - Basketball: lay ups and jump shots, no scrimmaging or one on one
 - Softball/Baseball: Throwing, hitting, running bases
 - Racquet sports: low level hitting against backboard
- **Increase running program**
 - Speed
 - Rounded turns
 - Backpedal
 - Low level direction changes
- **Aggressive agility drills:**
 - Jump
 - Hop
 - Plyometric activities
- **Teach deceleration and injury prevention techniques:**
 - Rounded turn
 - Bent knee landings
 - 3-step stops

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.