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**Post-Operative Rehabilitation Guidelines for:**  
**Knee Arthroscopy, Open MPFL Reconstruction with Tendon Graft (S83.0)**

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**Treatment Frequency:** 2-3 x week **Duration of Therapy Prescription:** 8 weeks

**PHASE 1: WEEKS 0 - 6**

- Anti-inflammatory modalities as needed: Ice, massage, elevation
- Hinged knee brace locked in extension, WBAT with crutches for first 4-6 wks
- ROM: advance as tolerated to full (may remove brace for motion)
- Quad activation/isometrics, SLR, gentle patella mobilization
- Home CPM to facilitate ROM
- Discontinue hinged brace at 6 weeks if Quad control/strength adequate
- Avoid: Squatting, pivoting, twisting, deep knee bends, repetitive stairs for 2-3 months
- LIMIT WEIGHBEARING EXERCISE TO FLEXION ANGLES < 90 DEGREES
- Start strengthening of VMO and hip External Rotators (focus on limb alignment & gait)
- Special: \_\_\_\_\_

**PHASE 2: WEEKS 7 - 12**

- Begin day time use of patellar stabilization Reaction Brace (4-6 more weeks)
- Continue anti-inflammatory modalities
- Advance knee motion and gait mechanics
- Stationary bicycle when ROM adequate
- Core strengthening (closed kinetic chain)
- Advance Quad exercises (NMES as needed)
- Proprioceptive training/ exercises

**PHASE 3: WEEKS 12 - 18**

- Wean off Reaction brace
- In-line running permitted at 12 weeks
- Running with subtle change in direction at 16 weeks
- Cutting with sharp stop-and-go exercises at 18 weeks
- Squats, deep knee bends, pivoting and cutting allowed by 4 months
- Return to full sport by 4-5 months
- Advance core strengthening
- Advance proprioceptive training (single leg hop, hop scotch)
- Plyometrics: advance

**Send Progress notes**

**Physician's Signature:** \_\_\_\_\_

(I have medically prescribed the above treatments)

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