



**ORIF PATELLA (OSTEOCHONDRAL LESION) WITH MEDIAL PATELLOFEMORAL
LIGAMENT (MPFL) RECONSTRUCTION PROTOCOL**

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

____ Weeks 0-2:

- Heel-touch weight bearing with crutches with brace locked in extension
- Brace set from 0-90 degrees and wearing at all times except for personal hygiene
 - Passive ROM allowed 0-90 (i.e. sitting)
- Heel slides, quad sets, ankle pumps

____ Weeks 2-6:

- May progress to WBAT with brace in full extension but no weight bearing in knee flexion
- May progress from PROM → AAROM → AROM from 0-90 ROM
- Straight leg raise in brace with brace locked in full extension
- Focus on regaining full extension; brace may be removed at night
- Begin floor-based core, hip, gluteal work; advance quad sets

____ Weeks 7-8:

- D/c brace and crutches as tolerated
- Advance to full weight bearing with goal of full weight bearing by 8 weeks
- Advance to AROM unrestricted with goal of full ROM by 8 weeks
- Stationary bike and straight leg raises; advance core/glut/hip work
- Begin closed chain quads, progress balance

____ Weeks 9-16:

- Progress flexibility and strengthening; continue functional balance, core/glut program
- Progress closed chain quad program

____ Months 4-6+:

- Impact activity progression allowed (Alter-G/pool running → normal jogging)
- Maximize single leg dynamic and static balance
- Gluteal/pelvic stability/core and closed chain quadriceps program with transition to HEP
- Sport specific training once cleared by MD

Signature _____

Date: _____