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Patellar Stabilization:

-Medial Patellofemoral Ligament (MPFL) Repair and Lateral Retinacular Release

or

- Patellar Realignment Treatment Guidelines

Guidelines:

- This procedure is performed to improve patellofemoral tracking for patients with patellar instability.
- **This protocol is not intended for isolated lateral retinacular release where FROM exercises could be started within the first 2 weeks.**
- Protected range of motion is accomplished to protect the healing of the MPFL repair yet maintain patella mobility gained by the lateral retinacular release.
- ROM allowed is exactly the same as the brace settings for each phase.

Therapeutic Phases:

POW 0-2 weeks:

- Hinged knee brace is 0-30° with WBAT.
- Start with straight leg raises, isometric quadriceps strengthening (quad sets), open chain terminal extensions (short arc quads).
- Electrical stimulation as necessary.
- Patella mobility exercises are performed with emphasis on preventing the lateral retinacular tissue from scarring back down. (emphasize medial glide and tilt)
- Swelling controlled with rest, ice, elevation and ACE wrap.

POW 2-4:

- Hinged knee brace 0-60°
- Continue quad strengthening, may add closed chain exercises with emphasis on VMO. Limit closed chain activities from 0-45° knee flexion

- Continue electrical stimulation as necessary.
- Hamstring strengthening 0-60°
- Continue patella mobility, may add ultrasound treatment to lateral retinaculum.
- Scar desensitization with deep massage.

POW 4-6:

- Hinged knee brace 0-90°
- Light weight full leg extensions can be initiated if patient is without significant patellofemoral cartilage damage. However, if patient does have cartilage damage then avoid 45-90° arc on leg extension machine or bike.
- Bike

POW 6-8:

- Hinged knee brace FROM.
- Patella excursion medially is still emphasized.
- Quad strength should be approaching unaffected side. Advance intensity of open and closed kinetic chain exercises as tolerated.
- Whirlpool can be used with patients not achieving FROM.

POW 8 and beyond:

- Discontinue knee brace.
- Start on sports specific strengthening exercises. Include proprioceptive and balance training (4-way SLR with tubing, BAPS, Plyoball, etc.)
- Return to sports once FROM achieved, quad strength > 80% unaffected side (Biodex), and patella instability symptoms resolved.