

AMZ + MPFL RECONSTRUCTION W/ ALLOGRAFT REHABILITATION PROTOCOL

| | WEIGHT BEARING | BRACE | ROM | EXERCISES |
|---------------------------------------|--|---|--|--|
| PHASE I 0-2 weeks | Heel touch only | On at all times during day and while sleeping* Off for hygiene and exercises | 0-90° at home | Calf pumps, quad sets SLR in brace, modalities |
| PHASE II 2-6 weeks | Heel touch only | Off at night Open 0-90° | Maintain full extension and progress flexion | Progress non-weight bearing flexibility Begin floor-based core, hip and glutes work Advance quad sets, pat mobs, and SLR |
| PHASE III 6 weeks - 8 weeks | Advance 25% weekly and progress to full with normalized gait pattern | None | Full | Advance closed chain quads, progress balance, core/pelvic and stability work Begin stationary bike at 6 weeks Advance SLR, floor-based exercise |
| PHASE IV 8-16 weeks | Full | None | Full | Progress flexibility and strengthening, progression of functional balance, core, glutes program Advance bike after 12 wks Add elliptical, swimming after 14 wks |
| PHASE V 16-24 wks | Full | None | Full | Maximize single leg dynamic and static balance Glutes/ pelvic stability/core + closed-chain quad program and HEP independent Begin training sport-specific drills as tolerated after 16 weeks once cleared by MD |

*Brace may be removed for sleeping after first post-operative visit (day 7-10)