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MPFL RECONSTRUCTION

GENERAL

Toe-Touch Weight Bearing for 3 weeks
Brace on at all times, locked in extension for 6 weeks

WEEK 1

Extension/Flexion 0 -- 40 degrees— x 1 week
Hamstring sets
Ankle pumps
Hamstring stretching (sit and reach with towel)

WEEK 3

Extension/Flexion 0 -- 90 deg –wall slides & sitting

WEEK 5

Quad sets with straight leg raises
Bike & row with single leg
Bike with both legs

WEEK 7

Aqua jogging

WEEK 9

Carpet drags & Gas pedal

WEEK 10

Runners stretch for calf and Achilles
Stork Stand for Quads (WHEN CLEARED)
Toe/heel Raises
Terminal 1/3 knee bends
Treadmill incline 7-12% walk
Double knee bends
Forward and backward jogging
Single Knee Bends

MONTH 3

Initial Agility Exercises
Swimming with fins
Elliptical trainer
Rowing
Stairmaster
Single knee bends
Outdoor biking

MONTH 4

Side to side lateral agility
Advance Agility
Leg press to 90°
Leg curls with no hyperextension
Ab/Adduction
Mini Squats with Bar
Balance Squats
Golf

6 MONTHS

Return to Sports