



Pediatric Orthopedic and Scoliosis Center
Rehabilitation Medicine Center

Rehabilitation prescription for:

Patient label

Dr. Tysklind's Advanced MPFL Recon PT Protocol

Diagnosis:

Procedure date:

S/P:

EVALUATION & TREATMENT:

- Begin **progressive weight-bearing strengthening exercises:**

	Phase 3	Phase 4	Phase 5
Optimal time frame	12-16 Weeks	16-20 Weeks	20+ Weeks
Exercise recommendations	<ul style="list-style-type: none"> · Continue with progressive resisted strengthening · Maintain ROM and monitor effusion · Initiate return to jogging program · Advanced plyometrics from double to single leg, from simple to complex · Advance single leg perturbation training · Linear change in direction drills · Lateral change in direction drills · Sport-specific agility drills 	<ul style="list-style-type: none"> · Running drills (straight line, zigzag, rotation, change in speed, change in direction) · Rotational control drills · Sport-specific drills: noncontact drills only 	<ul style="list-style-type: none"> · Initiate controlled contact sport-specific drills: contact drills, position-specific training
Cardiovascular recommendations	<ul style="list-style-type: none"> · Sport-specific cardiovascular training · Longer runs (20-30 minutes in duration) 	<ul style="list-style-type: none"> · Interval training · Tempo runs · Fartleks · Shuttle runs 	<ul style="list-style-type: none"> · Same as Phase 4
Criteria to progress	<ul style="list-style-type: none"> · Quadriceps LSI >80% · Hip abductors LSI >90% · Hamstring LSI >80/90% · Good neuromuscular control with 60-second timed step-down test · Good landing mechanics with 60-second timed lateral leap and catch · Good landing mechanics with single-leg hop cluster (hop for distance, triple hop, 	<ul style="list-style-type: none"> · Quadriceps LSI >90% · Hip abductors LSI >95% · Hamstring LSI >95% · Good neuromuscular control with 60-second timed step-down test · Good landing mechanics with 60-second timed lateral leap and catch · Good landing mechanics with single-leg hop cluster (hop for distance, triple hop, crossover, 6 m timed) >90% 	<ul style="list-style-type: none"> · Quadriceps LSI >90% · Hip abductors LSI >90% · Hamstring LSI >90% · Excellent neuromuscular control with 60-second timed step-down test · Excellent landing mechanics with 60-second timed lateral leap and catch · Excellent landing mechanics with single-leg hop cluster (hop for distance, triple hop, crossover, 6 m timed) >90% of

	Phase 3	Phase 4	Phase 5
	crossover, 6 m timed) >80% of uninvolved limb	of uninvolved limb · Good acceleration, deceleration, change of direction control · Ready to initiate controlled contact	uninvolved limb · Excellent acceleration, deceleration, change of direction control · Comfortable with all noncontact and controlled contact drills · Participated in reduced practice, completing final preparation for return to full contact play

- **LSI, limb symmetry index; ROM, range of motion.**

- Please assess for full return to sports at some point in the next _____ weeks/months, which entails testing for symmetrical/full strength, symmetrical balance/stability, symmetrical performance w/ agilities/sports-specific exercises
- **Thank you for your great care!**

Robert G. Tysklind, MD

Date