



Sports Medicine, Joint Preservation & Cartilage Restoration

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HIP, KNEE, SHOULDER, ELBOW

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AMZ + MPFL RECONSTRUCTION W/ ALLOGRAFT

Rehab 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)



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