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Keck Medicine  
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**DIAGNOSIS: S/P (LEFT / RIGHT) MEDIAL PATELLOFEMORAL LIGAMENT RECONSTRUCTION**

**MPFL RECONSTRUCTION THERAPY PRESCRIPTION**

**WEEK 1**

- Full Extension in Bledsoe Brace locked @ 0 degrees
- Ambulate TTWB with Bledsoe Brace locked @ 0 degrees
- Dressing change
- Cryotherapy prn
- Passive ROM 0°-45° Week 0-2
- Passive ROM 0°-90° Week 3-6
- CPM 0°-45° for Weeks 0-2 then 0°-90° thereafter (2 hrs./day)
- Emphasize Full Extension!

**WEEKS 2-6**

- Progress to FWB with Bledsoe locked @ 0 degrees in Full Extension from week 2 to 6
- Progress ROM in Bledsoe 0°-90° as Quad tone and strength increase over 6 week period
- Passive ROM 0°-120° degrees/MAX (Active Flexion / Active Extension)
- Straight Leg Raises (in Bledsoe) / Quad Sets
- Quadriceps Isometrics @ 0°-90°
- Eccentric closed chain exercises
- Stationary Bike – OK out of Bledsoe Brace (low ROM, raised seat)
- Modalities prn (Biofeedback unit, E-stim)

**WEEKS 6-8**

- Quadriceps Isotonics
- PRE's: Hip Abductors / Adductors, Hamstrings/ Calf

Treatment: \_\_\_\_\_ per week \_\_\_\_\_ Home Program  
Duration: \_\_\_\_\_ weeks

Physician's Signature: \_\_\_\_\_  
Frank A. Petrigliano, MD, Attending Orthopaedic Surgeon, USC