

PHYSICAL THERAPY PRESCRIPTION

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Keck Medicine of USC

PATIENT STICKER

**DIAGNOSIS: S/P (LEFT/RIGHT) MEDIAL PATELLOFEMORAL LIGAMENT
RECONSTRUCTION AND TIBIAL TUBERCLE OSTEOTOMY**

MPFL / TTO 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
- Emphasize Full Extension!

WEEKS 2-6

- Progress ROM in Bledsoe 0°-90° as Quad tone and strength increase over 6 week period
- Progress to FWB with Bledsoe locked @ 0 degrees in Full Extension from week 2 to 6
- 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