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MEDIAL PATELLAFEMORAL LIGAMENT RECONSTRUCTION (MPFL) AND PFJR

	WEIGHT-BEARING STATUS	POST OP BRACE	RANGE OF MOTION	THERAPEUTIC GOALS	PATIENT'S POST OPERATIVE CHECKLIST
Week0 -2	WBAT with crutches	Yes Locked in full extension while walking. Remove while sleeping after 1-2 weeks.	Full Take off or unlock the brace for range of motion.	Emphasize patient compliance to home exercise program and weight bearing precautions/progression Avoid pain with therapeutic exercise & functional activities Prevent quadriceps inhibition Exercises: Quad sets, heel slides, ankle pumps, gravity assisted knee flexion	<ul style="list-style-type: none"> ○ Bandages should be left on through 1st post op appointment. If bloody or suspect infection call the office immediately. ○ Take Aspirin or Xarelto daily x 30 days ○ Bruising and swelling is normal, it may travel to the ankle. Elevate the leg when laying, perform ankle pumps. ○ Apply ice/Gameready 4-6 times/day, 20min on/20min off.
Week 3-6	Transition to FULL Weight Use crutches until discontinued by your PT	Yes Locked in full extension while walking.	Full		<ul style="list-style-type: none"> ○ Start Physical therapy, 1-2 weeks after surgery and should continue through 6 months. ○ Patients are responsible for understanding the individual insurance coverage for PT.
Week 7-14		Unlock brace with good quad control – discontinue as advised by your PT.	Full	PT/HEP: LE strength progression within parameters from PT/physician. Continue/normalize phase I exercises. Stationary bike. Patellar mobilization	

Week 15-22+	Full	As needed	Full	<p>Emphasize patient compliance to maintenance strength program</p> <p>Avoid running until adequate strength development and as advised by your PT and/or physician.</p> <p>Avoid pain with therapeutic exercise & functional activities.</p> <p>Week 36+ No high intensity sport involving cutting such as basketball, soccer, skiing until 9 months and/or as advised by your physician.</p>	
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Post Op Brace/CyMedica Evive

- You will be prescribed a long brace for immediately after surgery along with crutches. You will wear the brace for 4-6 weeks. This will help protect your knee until your quad muscle gets stronger. We recommend the CyMedica Evive brace with integrated muscle stimulator. This will help reeducate your quad muscle after surgery and improve your function early. The CyMedica Evive brace requires an upfront deposit which is refundable after processed through your insurance. **Medicare does not provide coverage.**

Game Ready Ice Machine

- We recommend rental of this cold and compression unit. It is an efficient and effective means of controlling swelling and pain post operatively and helps avoid dependency on pain medication. You should be contacted by the hospital vendor for rental information including cost.

Driving Restriction

- Left leg surgery: 1 week for automatic cars, 3-6 weeks for manual transmission cars
- Right leg surgery: 6-8 weeks