

# PHYSICAL THERAPY PRESCRIPTION

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PATIENT STICKER

**DIAGNOSIS ( LEFT / RIGHT ) MPFL RECONSTRUCTION/ TIBIAL TUBERCLE TRANSFER**

**DATE OF SURGERY** \_\_\_\_\_

**PHASE 1:** 0-2 weeks

- **WEIGHTBEARING:** As tolerated in brace
- **BRACE:** On at all times during day and while sleeping\*\*. OFF for hygiene
- **ROM:** 0-90 deg
- **EXERCISES:** Heel slides, quad and hamstring sets, patellar mobs, gastroc stretch, SLR in brace, modalities. :

**PHASE 2:** 2-6 weeks

- **WEIGHTBEARING:** As tolerated in brace
- **BRACE:** Discontinue at 6 weeks if able to obtain full extension w/o lag\*
- **ROM:** Maintain full extension and progress flexion
- **EXERCISES:** Progress weight bearing flexibility, begin toe raises and closed chain quad work Begin floor-based core and glutes work, balance exercises, hamstring curls and stationary bike

**PHASE 3:** 6 weeks – 4 months

- **WEIGHTBEARING:** Full
- **BRACE:** None
- **ROM:** Full
- **EXERCISES:** Advance closed chain quads, progress balance, core/pelvic and stability work Begin elliptical, in-line jogging at 12 weeks under PT supervision

**PHASE 4:** 4-6 months

- **WEIGHTBEARING:** Full
- **BRACE:** None
- **ROM:** Full
- **EXERCISES:** Progress flexibility/strengthening, progression of function: forward/backward running, cutting, grapevine, initiate plyometric program and sport-specific drills @ 16 wks Return to play as tolerated after 16 weeks post-op when cleared by MD

\*Brace may be changed to patellar-stabilizing brace (Hely-Weber, Shields, or equivalent) after first post-operative visit

\*\*Brace may be removed for sleeping after first post-operative visit (day 7-10)

**Treatment:** \_\_\_\_\_ **times per week**    **Duration:** \_\_\_\_\_ **weeks**

**Physician's Signature:** \_\_\_\_\_

**Joel Weber, MD, Orthopaedic Surgeon**