

Ascension Borgess Orthopedics & Sports Medicine

Postop Rehabilitation

MQTFL Reconstruction

Phase I (0-6 weeks)

Weight Bearing: As tolerated with crutches until quad control.

Range of Motion: Progress to full as tolerated. Extension stretching.

Brace: none

Exercises: SLR. Short arc quads. Bumped-heel knee extension stretch 10min, 3 x / day. Core. Hip abductors. Toe raises.

Phase II (6-12 weeks)

Weight Bearing: Full.

Range of Motion: Full. Extension stretching.

Brace: None

Exercises: Closed chain quads. Hamstring curls. Step-ups. Core. Balance. Hip Abductors. Toe raises. Bike.

Phase III (3-5 months)

Weight Bearing: Full

Range of Motion: Full

Brace: None

Exercises: Advance closed chain quads. Proprioception. Core. Hip abductors. Toe raises. Plyometrics. Sport-specific drills. Bike. Progress elliptical to running as tolerated. Return to full activities as tolerated after 4 months if quad-controlled single leg squat.