

MFx Trochlear Groove/Patella

Name: _____ Date: ____/____/____

• = Do exercise for that week/month

		Week								Month						
		1	2	3	4	5	6	7	8	9	10	3	4	5	6	
ROM Restrictions: _____ _____ _____	Initial Exercise															
	Extension/flexion – wall slides	•	•	•	•	•	•	•	•	•						
	Extension/flexion – sitting	•	•	•	•	•	•	•	•	•						
	Extension/flexion – prone					•	•	•	•	•						
	Quad sets with straight leg raises	•	•	•	•	•	•	•	•	•						
	Hamstring sets	•	•	•	•	•	•	•	•	•						
	Patella/tendon mobs	•	•	•	•	•	•	•	•	•	•					
	Ankle pumps	•	•	•	•											
	Brace Settings: _____ _____ _____	Sit and reach for hamstrings (towel)	•	•	•	•	•	•	•	•	•	•	•			
		Runners stretch for calf and achilles			•	•	•	•	•	•	•	•	•			
Stork stand for quadriceps								•	•	•	•	•	•	•	•	
Toe and heel raises				•	•	•	•	•	•	•	•					
1/3 knee bends											•	•	•			
Cardiovascular Exercises		1	2	3	4	5	6	7	8	9	10	3	4	5	6	
Weight Bearing Status: • Non WB • Touch down WB • Partial 30 percent WB • As tolerated WB • Full WB	Bike with single leg/single leg rowing	•	•	•	•	•	•	•	•							
	Bike with both legs			•	•	•	•	•	•	•	•	•	•	•	•	
	Aqua-jogging			•	•	•	•	•	•	•	•	•	•	•	•	
	Treadmill-incline 7 to 12 percent									•	•	•	•	•	•	
	Swimming with fins									•	•	•	•	•	•	
	Elliptical trainer									•	•	•	•	•	•	
	Rowing										•	•	•	•	•	
	StairMaster											•	•	•	•	
Time Lines: • Week 1 (1 to 7 POD) • Week 2 (8 to 14 POD) • Week 3 (15 to 21 POD) • Week 4 (22 to 28 POD)	Sport Cord Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6	
	Double knee bends									•	•	•				
	Carpet drags									•	•	•	•			
	Gas pedal									•	•	•				
	Forward/backward jogging										•	•	•	•	•	
	Single knee bends										•	•	•	•	•	
Side to side lateral agility												•	•	•	•	

Agility Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Initial											•	•	•	•
Advance												•	•	•
Weights	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Leg press to 90 degrees												•	•	•
Leg curls – don't hyperextend												•	•	•
Ab/adduction												•	•	•
Mini squats with bar												•	•	•
Balance squats												•	•	•
High Level Activities	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Outdoor biking												•	•	•
Golf												•	•	•
Running														•
Skiing, basketball, tennis, football, soccer														•