

**Dr. Pathik Shah**  
***Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon***  
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS  
AOSSM Sports Surgery Fellowship (California, USA),  
Fellowship in Joint and Trauma (Mumbai)  
Diploma in Football medicine (FIFA)

**MPFL INSUFFICIENCY PRE-OPERATIVE PHYSICAL THERAPY  
PRESCRIPTION**

**Diagnosis: MPFL Insufficiency / Tear**

- GOALS:**
- 1) RECOVERY FROM INITIAL INJURY
  - 2) RESTORE NORMAL RANGE OF MOTION
  - 3) MINIMIZE INFLAMMATION AND EFFUSION
  - 4) IMPROVE PREOPERATIVE STRENGTH

- \_\_\_ Restore ROM
- \_\_\_ Quadriceps Isometrics. Quadricep Isotonics 90° – 30° arc
- \_\_\_ PWB - FWB
- \_\_\_ Leg lifts with / without weights
- \_\_\_ Hamstring / Hip PRE's
- \_\_\_ Stationary biking
- \_\_\_ Closed Chain activities: BAPS, half squats, step-ups, leg press, Nordic track
- \_\_\_ Balancing for joint stability
- \_\_\_ Patellar mobility exercises