

MPFL RECONSTRUCTION REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> 0-2 weeks	As tolerated with brace	On at all times during day and while sleeping** Off for hygiene	0-90°	Heel slides, quad and hamstring sets, patellar mobs, gastroc stretch, SLR in brace, modalities
<i>PHASE II</i> 2-6 weeks	As tolerated with brace	Discontinue at 6 weeks if able to obtain full extension w/o lag*	Maintain full extension and progress flexion	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
<i>PHASE III</i> 6 weeks - 4 months	Full	None	Full	Advance closed chain quads, progress balance, core/pelvic and stability work Begin elliptical, in-line jogging at 12 weeks under PT supervision
<i>PHASE IV</i> 4-6 months	Full	None	Full	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