

MPFL RECONSTRUCTION REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM**	THERAPEUTIC EXERCISES
PHASE I 0 - 6 weeks	*Full weight bearing locked in full extension x 4 weeks *4-6 weeks: may walk with brace unlocked	0 - 2 weeks: Locked in extension for sleep, ambulation, can unlock 0 - 30 degrees then unlock for ROM	0 - 2 weeks: 0 - 30 degrees 2 - 6 weeks: advance to full ROM	Heel slides, quad/hamstring sets, patellar mobilization in all quadrants, prone hangs, gastroc/soleus stretch*, Straight leg raising with brace locked in extension, edema control
PHASE II 6 - 12 weeks	6 - 8 weeks: Full WB as tolerated	6 - 8 weeks: May discontinue as tolerated	Maintain full extension and progressive flexion	Progress to normal gait pattern, gastroc/soleus stretch, begin toe raises, closed chain extension, balance exercises, hamstring curls, and stationary bike
PHASE III 3 - 4 months	Full, without use of crutches and with a normalized gait pattern	None	Gain full and pain-free	Advance closed chain strengthening, progress proprioception activities, begin Stairmaster/Nordic Trac and running straight ahead
PHASE IV 4 months and beyond	Full	None	Full and pain-free	Progress flexibility/strengthening, progression of function: forward/backward running, cutting, grapevine, etc., initiate plyometric program and sport-specific drills Gradual return to sports participation, maintenance program for strength and endurance

* This exercise is to be performed in a non-weight bearing position

** In cases of realignment for patellar cartilage defects, CPM & full motion may be allowed