

## **MPFL RECONSTRUCTION POSTOPERATIVE REHABILITATION PROTOCOL**

### **Phase 1 (0-2 Weeks): WBAT (in brace), ROM -30°**

- Weightbearing as tolerated--**Brace locked at 0 degrees for ambulation and sleeping**
- Range of Motion: 0-30° with emphasis on full extension
- Suggested Exercises:
  - SLR supine with brace locked at 0 degrees, Quad Sets,

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#### Ankle Pumps

### **Phase 2 (2-6 Weeks): WBAT (in brace), ROM 0-90°**

- Weightbearing as tolerated--**Brace locked at 0 degrees for ambulation and sleeping**
- ROM: 0-90, with emphasis on maintaining full extension and achieving 90 degrees of flexion by week 6
- Suggested Exercises:
  - Proprioception training, SLR supine with brace locked at 0 degrees, Quad Sets, Ankle Pumps

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### **Phase 3 (6-12 Weeks): WBAT (wean off brace), ROM as Tolerated**

- Weightbearing as tolerated—**wean off brace and crutches** at discretion of MD and PT
  - **Optional patellar stabilization sleeve (reaction brace)**
- ROM: Advance to full, painless
- Suggested exercises:
  - Progressive Squat Program
  - Initiate Step Down Program
  - Leg Press, Lunges
  - Isotonic Knee Extensions (90-40 degrees, closed chain preferred)
  - Agility exercises

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### **Phase 4 (3-4 months): Begin Jogging**

- Advance closed chain strengthening – leg press, leg curls
- Plyometric and proprioception training
- Treadmill jogging/Elliptical

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### **Phase 5 (4-6 months): Gradual Return to sports**

- Gradual return to athletic activity as tolerated
- Advance to cutting and sports-specific drills
- Maintenance program for strength and endurance
- **Return to regular sports when cleared by MD (typically around 6 months)**