

Rehabilitation Protocol:

Medial Patello-Femoral Ligament Reconstruction (MPFL)

| | Weight Bearing | Brace | Range of Motion | Therapeutic Elements |
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| PHASE I 0 - 2 weeks | Touch-down weight bearing (TDWB) with crutches. | Locked in extension (may remove for exercises). | Passive flexion 0 – 90°. Obtain full extension. | Heel slides, Quad and hamstring sets, patella mobilization, straight leg raises, Start BFR. ICE 3x/day x 20 minutes. Modalities as needed. |
| 2 – 6 weeks | As tolerated (WBAT) with crutches. | Progressively open brace to 90°. | Advance ROM to full as tolerated. | May add prone hangs as needed. Limit WB exercise to flexion angles less than 90°. |
| PHASE II 6 - 12 weeks | Discontinue crutches. Full weight bearing. | Discontinue brace at 6wks. | Full ROM. | Stationary bike. Wall sits and lunges. Continue SLR with weights. Balancing exercises. |
| PHASE III 12 - 16 weeks | Full weight bearing. | None. | Full ROM. | Advance closed chain strengthening, leg press, leg curls. Start jogging progression. |
| PHASE IV 4 – 6 months | Full weight bearing. | None. | Full ROM. | Plyometric and proprioceptive training. Advanced sport specific exercises. Consider jump program. |