

MEDIAL PATELLOFEMORAL LIGAMENT (MPFL) RECONSTRUCTION REHAB PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 WEEKS	As tolerated with brace and crutches	All times and sleep Remove for hygiene	0-90 as tolerated Stress early extension	Quad sets, SLR in brace, e stim, bio feed back, hamstring sets, heel slides, gastroc stretch
Phase II 2-6 WEEKS	As tolerated	Discontinue week 4-6 when SLR without lag May remove at night Wean off crutches when normal gait and adequate quad control	Progress as tolerated without restrictions. Push full extension	Continue phase I. Progress WB flexibility and closed chain quad strength. Begin floor based core and gluteal exercises, balance, hamstring curls, bike. No lateral patellar glides (superior/inferior ok)
Phase III 6-12 Weeks	Full	May transition to lateral buttress or none (True-Pull brace)	Full Aggressive flexion if lacking	Advance CC quad, core, pelvic and stability program. Begin elliptical, in line jog at 12 week if appropriate under PT guidance
Phase IV 3-6 Months	Full	None	Full	Progress strength, balance, core, hip. Progress running and sports specific exercises as tolerated.

- May continue to use lateral stabilizing brace as patient transitions into sport.