



The Orthopaedic & Fracture Clinic

MPFL Repair/Reconstruction Rehabilitation Protocol

Maximum Protection Phase (0 to Six Weeks)

Phase I (Weeks 0 – Two Post Op):

- Weight-bearing as tolerated in knee brace. Wean crutches as tolerated per effusion and pain.
- Control pain and joint effusion soft tissue edema.
- Protect healing tissue.
- Follow brace use and ROM limits as provided:

Week	ROM for Exercise	Brace Motion Allowed
0-1	0-30	Brace locked in extension.
1-2	0-30	Brace unlocked to 30 degrees.
2-4	0-60	Brace unlocked to 60 degrees.
4-6	0-90	Brace unlocked to 90 degrees.
6+	Full AROM	Transition to patellar stabilization brace.

- ROM exercises 0-30 degrees.
- Strengthening: Three way SLR braced, ankle pumps, core exercises.
- Modalities for pain and inflammation control.

Phase II (Weeks Two – Four Post Op):

- ROM exercises – progress through passive, AA, and AROM within prescribed ROM limits above.
- Maintain full extension: heel prop, extensorator, prone hangs.
- Strengthening: quad sets, SLRs with knee locked in extension in the brace, bilateral ¼ knee bends (mini-squats), core exercises, hip abduction, hip extension, and clam exercises.
- Electric stim for quadriceps activation, ice post treatment.

Phase III (Weeks Four – Six Post Op):

- Progress AA, AROM exercises per time limited motion as outlined previously.
- Strengthening: Three way SLRs out of brace if no extensor lag with SLR, bilateral ½ knee bends (mini squats), leg press, step ups, core exercises.
- Proprioception exercises braced.
- Electric stim to the quad, heat and ice pre and post treatment as necessary.

Phase IV (Weeks 6 – 12 Post Op):

- Progress AROM to full.
- Continue strengthening exercises as above with addition of step downs, lunges, stairmaster, and stationary biking.
- Begin treadmill running at 10 weeks if strength and hip/knee control normal in patellar stabilization brace.
- Proprioception exercises in patellar stabilization brace.

Phase V (Months Three – Six Post Op):

- Advance strengthening as tolerated, primarily closed chain, increasing resistance as tolerated.
- Begin plyometrics.
- Initiate sports-specific agility drills in brace.
- Progress to community based program with return to sport at or around 18 to 24 weeks dependent on functional testing.