



## **MPFL Reconstruction Rehabilitation Protocol**

**Chris Schaefer, M.D.**

**Diagnosis:** Right/Left MPFL Reconstruction \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

### **Weeks 0-2**

Weightbearing: weightbearing as tolerated with brace

Brace: locked in extension when ambulating; on at all times during day and while sleeping

ROM: 0-90 out of brace at home

Exercises: calf pumps, quad sets, patellar mobs; straight leg raise in brace, modalities

### **Weeks 2-6**

Weightbearing: weightbearing as tolerated with brace

Brace: may unlock if good quad control; may transition to patella stabilizing brace at 6-8 weeks

ROM – maintain full extension and progress flexion

Exercises: progress non weightbearing flexibility; begin floor-based core, hip and glutes work; advance quad sets, patellar mobilization, and straight leg raise

Modalities prn (ie electrical stimulation, ultrasound, etc) per discretion of therapist.

### **Weeks 6-4 Months**

Weightbearing: full

Brace: patella stabilizing brace with activity, wean over time

ROM – progress as tolerated to full

Exercises: advance closed chain quads, progress balance, core/pelvic and stability work; may begin stationary bike at 6 weeks; progress flexibility and strengthening; Begin elliptical after 12 weeks and in line jogging under PT supervision

### **4-6 Months**

Continue strengthening/flexibility; maximize single leg dynamic and static balance

Glutes/pelvic stability/core + closed chain quad program and HEP independent

Initiate plyometric program and sport-specific agility drills at 4 months

Return to play as tolerated after 4 months post op when cleared by MD