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## MPFL ALLOGRAFT RECONSTRUCTION REHABILITATION PROTOCOL

|  | WEIGHT BEARING          | BRACE  | ROM  | EXERCISES  |
|--|-------------------------|--|--|--|
| <b>PHASE I</b><br>0-2 weeks            | As tolerated with brace | On at all times during day and while sleeping**<br>Off for hygiene | 0-90°  | Heel slides, quad and hamstring sets, patellar mobs, gastroc stretch, SLR in brace, modalities   |
| <b>PHASE II</b> 2-6 weeks              | As tolerated with brace | Discontinue at 6 weeks if able to obtain full extension w/o lag*   | Maintain full extension and progress flexion | Progress weight bearing flexibility, begin toe raises and closed chain quad work<br><br>Begin floor-based core and glutes work, balance exercises, hamstring curls and stationary bike   |
| <b>PHASE III</b><br>6 weeks - 4 months | Full                    | None   | Full   | Advance closed chain quads, progress balance, core/pelvic and stability work<br><br>Begin elliptical, in-line jogging at 12 weeks under PT supervision   |
| <b>PHASE IV</b><br>4-6 months          | Full                    | None   | Full   | Progress flexibility/strengthening, progression of function: forward/backward running, cutting, grapevine, initiate plyometric program and sport-specific drills @ 16 wks<br><br>Return to play as tolerated after 16 weeks post-op when cleared by MD |

\*Brace may be changed to patellar-stabilizing brace (Hely-Weber, Shields, or equivalent) after first post-operative visit

\*\*Brace may be removed for sleeping after first post-operative visit (day 7-10)