



GOLDEN STATE ORTHOPEDICS & SPINE

MPFL Reconstruction Rehabilitation Protocol

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I - Protect Repair + Early ROM

Weeks 0 - 2

Goals

Protect Repair

Early active knee extension

Swelling/edema control

Brace at full extension

- Ankle pumps 1x per hour
- Quad sets and Straight Leg Raises
- Toe Touch WB w/ crutches, progressing to full weight bearing at week 2
- Prone/seated knee flexion

Modalities: Ice 20-30 minutes every three hours

Phase II - Range of Motion

Weeks 3 - 6

Goals

Weight bearing as tolerated

Brace locked in full extension until six weeks

Continue AROM knee extension

Initiate AROM knee flexion, 0-90 degrees

Initiate light strengthening

- Continue previous exercises - SLR can be weighted at week 4
- Seated leg extension against gravity
- Initiate hamstring and hip strengthening



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Phase III - Strengthening

Weeks 6 - 12

Goals

Flexion AROM

Full weight bearing without brace

Progress with extension exercises and quad strengthening

- Flexion AAROM to AROM as tolerated
- Biking can begin at 110 degrees knee flexion
- Leg press and leg curls
- Continue hip strengthening
- Calf stretching/strengthening

Phase IV - Functional Return to Activity

Months 3 - 6

Goals

Continue to progress with ROM and strengthening exercises

Sport-specific rehabilitation can begin

- Jump-landing at 12 weeks
- Running can begin at 3 months
- Continue strengthening, progress to plyometric exercise
- Sport-specific exercise
- Full return to sport at 6 months

Comments:

Frequency: ____ times per week

Duration: ____ weeks

Signature: _____

Date: _____