



Medial Patellofemoral Ligament (MPFL) Reconstruction Post-Op Protocol

Week 1-2:

Weight Bearing

- Touch Down Weight Bearing

Brace

- Locked at 0° extension
- OK to remove for exercises, hygiene
- Wear at night while sleeping

ROM

- As tolerated

Therapeutic Exercise

- Flexion: Heel slides to patient tolerance
- Extension: Passive knee extension using towel roll, prone hangs
- Strengthening: Quad setting with knee support, Straight leg raises with brace locked in extension until quad strength prevents extension lag, hamstring digs with knee support, plantarflexion/ dorsiflexion, eversion/inversion strengthening

Weeks 2-6:

Weight Bearing

- Weight bearing to tolerance, wean from crutch use

Brace

- Continue to wear hinged knee brace
- Unlock brace when quad control is adequate for knee support
- May remove brace for exercise, hygiene and for sleeping if desired

ROM

- As tolerated, goal for knee flexion is 90°

Therapeutic Exercise

- No weight bearing exercise at flexion angle $> 90^\circ$
- Flexion: wall slides, heel slides, sitting flexion
- Extension: Passive knee extension using towel roll, prone hangs
- Open kinetic chain: straight leg raise, Hip abd/adduction, hip extension, hamstring set or prone hamstring curl
- Closed Kinetic Chain: Heel raises, leg press with minimal resistance, weight shifting onto single leg
- Trunk stabilization
- Manual Interventions: patellar mobs, tibiofemoral mobs into extension, soft tissue as indicated

Weeks 6-12:

Weight Bearing

- Full weight bearing without crutches

Brace

- Patellar stabilization brace when ambulating

ROM

- Continue to advance to full painless ROM

Therapeutic Exercise

- Stationary Bike
- Closed Kinetic Chain: step downs, single leg balance, terminal active knee extension to 0° against resistance, full squat to 90° , single leg squat, elliptical, treadmill walking if gait pattern is functional
- Wall Sits
- Lunges

Months 3-4:

Weight Bearing

- Full weight bearing without crutches

Brace

- Patellar stabilization brace for sport activities only

ROM

- Full

Therapeutic Exercise

- Advance strengthening
- Proprioception / Plyometrics
- Treadmill jogging / elliptical
- Agility drills, sport specific drills

Months 4-6:

Weight Bearing

- Full weight bearing

Brace

- None

ROM

- Full

Therapeutic Exercise

- Gradual return to sport