



## Medial Patellofemoral Reconstruction (MPFL) Rehabilitation Protocol

**\*\*NO SLR, LAQ, OR KNEE EXTENSION FOR ALL PHASES**

	Weight Bearing	Brace	Range of Motion	Therapeutic Exercises
<b>Phase I</b> 0 - 2 weeks	WBAT in immobilizer	Week 1: Knee immobilizer 0°  *Discontinue immobilizer when patient completes 10 SLR without significant lag and transition to a patellar stabilizer	ROM as tolerated	Initiate ROM heel slides  Initiate WB progression (weight shifts)
<b>Phase II</b> 2 - 4 weeks	FWB as tolerated	Knee immobilizer or patellar stabilizing brace	ROM as tolerated	Continue progressing ROM activity  Hip strengthening exercises
<b>Phase III</b> 4 - 6 weeks	FWB as tolerated	Patellar Stabilizer	ROM as tolerated	Initiate closed chain strengthening
<b>Phase IV</b> 6 - 12 weeks	FWB	Patellar Stabilizer	Full ROM	Single and double leg closed chain strengthening, progressing towards functional, multi-joint and multi-plantar movements
<b>Phase V</b> 12 - 16 weeks	FWB	Patellar Stabilizer	Full ROM	Initiate running and plyometric activity
<b>Phase VI</b> 16 + weeks	FWB	Patellar Stabilizer	Full ROM	Sport/work specific activities  Return to sport testing