



# Medial Patellofemoral Ligament (MPFL) Reconstruction Rehab Protocol

## **ROM Guidelines**

Week 1: 0  
Week 2: 0-60  
Week 3: 0-90  
Week 4: 0-110  
Week 5: FULL ROM

## **PHASE 1 (0-2 Weeks):**

### **Post-Op Day 1:**

#### **Brace ROM:**

Locked in full extension

#### **Weightbearing/ROM:**

Touch down, weightbearing

#### **Exercises:**

- Quad sets
- Ankle pumps
- Cryotherapy device
- Elevation
- CPM machine, advance as tolerated

### **Week 1:**

#### **Brace ROM:**

Locked in full extension for ambulation only, unlock brace for active and active assisted ROM exercises

#### **Weightbearing/ROM:**

Full weightbearing as tolerated

#### **Exercises:**

- Heel slides
- Seated fixation
- Prone flexion
- Wear knee brace for at least six weeks post op

## **PHASE 2 (Week 2-5)**

#### **Brace ROM:**

Locked in full extension for ambulation only, unlock brace for active and active assisted ROM exercises

#### **Weightbearing/ROM:**

Full weightbearing as tolerated



**Exercises (Weeks 2-3):**

- Begin stationary bike for range of motion
- Straight leg raises with 1 lb weight

**Exercises (Weeks 4-5):**

- Straight leg raises with 1 lb weight (100 reps daily)
- Should have 120 degrees flexion

**PHASE 3 (Weeks 6-12)**

**Brace ROM:**

Discontinue brace when quadriceps strengthening allows; neoprene sleeve with lateral buttress optional

**Weightbearing/ROM:**

Full; should have normal ROM

**Exercises (Weeks 6-7):**

- Step ups on phone book
- BAPS board
- Water Exercises

**Exercises (Weeks 8-12):**

- Shuttle jumps
- Stair stepper
- Treadmill
- Isotonic leg presses
- Toe press
- Leg curl
- Stool scooter

**PHASE 4 (3+ Months)**

**Brace ROM:**

Full; no brace

**Weightbearing:**

Full

**Exercises:**

- Initiate progressive jogging program
- Advance to cutting and sport-specific drills
- Return to regular sports if cleared by MD

**\*\*If a patient is not progressing please call the office for recommendations\*\***