

Rehabilitation Protocol:

Medial Patellofemoral Ligament (MPFL) Reconstruction

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ARTHROSCOPIC SURGERY | JOINT RECONSTRUCTION



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Phase I (Weeks 0-2)

- **Weightbearing:** Weightbearing as tolerated with brace
- **Hinged Knee Brace**
  - Locked in full extension for ambulation and sleeping
- **Range of Motion - PROM/AAROM**
- **Therapeutic Exercises**
  - Quad/Hamstring sets
  - Heel slides/Prone hangs/Patellar mobilization
  - Straight-Leg Raise with brace in full extension until quad strength prevents extension lag

Phase II (Weeks 2-6)

- **Weightbearing:** As tolerated – wean from crutch use
  - **Hinged Knee Brace:** Unlocked
- **Range of Motion - PROM/AAROM/AROM:** Maintain full knee extension – work on progressive knee flexion (goal of 90 degrees by week 6)
- **Therapeutic Exercises**
  - LIMIT WEIGHBEARING EXERCISE TO FLEXION ANGLES < 90 DEGREES
  - Isometric quadriceps strengthening
  - Heel slides/Prone hangs
  - Patellar mobilization

Phase III (Weeks 6-12)

- **Weightbearing:** Full weightbearing without crutches
  - **Discontinue Knee Brace – Convert to Patellar Stabilization Sleeve (Reaction Brace)**
- **Range of Motion - Advance to Full/Painless ROM**
- **Therapeutic Exercises**
  - Wall sits/Lunges
  - Proprioception training
  - Stationary bicycle

Phase IV (Months 3-4)

- Advance closed chain strengthening – leg press, leg curls
- Plyometric and proprioception training
- Treadmill jogging/Elliptical

Phase V (Months 4-6)

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance

Comments:

Frequency: 2-3 times per week

Duration: 6-8 weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_