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## MPFL RECONSTRUCTION REHABILITATION PROTOCOL

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM**</b>	<b>THERAPEUTIC EXERCISES</b>
<b>PHASE I 0 - 6 weeks</b>	*Full weight bearing locked in full extension x 4 weeks *4-6 weeks: may walk with brace unlocked	<b>0 - 2 weeks:</b> Locked in extension for sleep, ambulation, can unlock 0 - 30 degrees then unlock for ROM	<b>0 - 2 weeks:</b> 0 - 30 degrees <b>2 - 6 weeks:</b> advance to full ROM	Heel slides, quad/hamstring sets, patellar mobilization in all quadrants, prone hangs, gastroc/soleus stretch*, Straight leg raising with brace locked in extension, edema control
<b>PHASE II 6 - 12 weeks</b>	<b>6 - 8 weeks:</b> Full WB as tolerated	<b>6 - 8 weeks:</b> May discontinue as tolerated	Maintain full extension and progressive flexion	Progress to normal gait pattern, gastroc/soleus stretch, begin toe raises, closed chain extension, balance exercises, hamstring curls, and stationary bike
<b>PHASE III 3 - 4 months</b>	Full, without use of crutches and with a normalized gait pattern	None	Gain full and pain-free	Advance closed chain strengthening, progress proprioception activities, begin Stairmaster/Nordic Trac and running straight ahead
<b>PHASE IV 4 months and beyond</b>	Full	None	Full and pain-free	Progress flexibility/strengthening, progression of function: forward/backward running, cutting, grapevine, etc., initiate plyometric program and sport-specific drills Gradual return to sports participation, maintenance program for strength and endurance

\* This exercise is to be performed in a non-weight bearing position

\*\* In cases of realignment for patellar cartilage defects, CPM & full motion may be allowed