

Medial Patellofemoral Ligament (MPFL) Reconstruction

PHASE I

- **Post-op Day 1**
 - **Brace ROM:** locked in full extension
 - **Weightbearing/ROM:** touch down, weight bearing
 - **Exercises:**
 - quad sets
 - ankle pumps
 - cryotherapy device
 - Elevation
- **Week 1**
 - **Brace ROM:** locked in full extension at all times
 - **Weightbearing/ROM:** full weight bearing as tolerated
 - **Exercises:**
 - Heel slides
 - Seated flexion
 - Prone flexion
 - Wear knee brace for at least 6 weeks post-op

PHASE II

- **Week 2-5**
 - **Brace ROM:** locked in full extension at all times
 - **Weightbearing/ROM:** full weight bearing as tolerated
 - **Exercises (weeks 2-3)**
 - Straight leg raises with no weight
 - **Exercises (weeks 4-5)**
 - Straight leg raises with 1-lb weight
 - Should have 90 degrees of flexion

PHASE III

- Week 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)**
 - Start stationary bike
 - **Exercises (weeks 8-12)**
 - Continue stationary bike
 - Start shuttle jumps at week 12
 - Treadmill
 - Isotonic leg presses
 - Toe press
 - Leg curl
 - stool scooter

- Months 3-6
 - **Brace ROM:** full; no brace
 - **Weightbearing/ROM:** 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**