



## Medial Patellofemoral Ligament (MPFL) Reconstruction Post-Operative Protocol

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

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

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

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

### Phase I – Maximum Protection

#### Weeks 0 to 2:

- Brace- locked in full extension during all ambulation and WBAT
- Can unlock brace to allow 0-30 degrees for unloaded range of motion only
- Use two crutches initially with gradual progression of weight bearing to WBAT
- Limit knee flexion to 0-30 degrees for 2 weeks

#### Goals

- Reduce inflammation and pain
- 0 degrees of knee extension

#### Exercise progression

- Quadriceps setting, emphasize VMO, use NMES as needed
- Emphasize patellofemoral mobilizations
- Passive/active knee range of motion with 30° flexion limit
- Multi-plane straight leg raising
- Open chain hip strengthening
- Gait training

#### Weeks 2 to 4:

- Brace- locked in full extension during all ambulation and WBAT
- Progress ROM as tolerated to 0-60 degrees

#### Goals

- Reduce inflammation and pain
- Maintain 0° of knee extension

#### Weeks 4 to 6:

- Brace- able to unlock during ambulation and WBAT
- Progress ROM as tolerated to 0-90 degrees
- Initiate bike with light resistance
- Initiate loaded flexion 0-90 degrees

#### Goals

- Reduce inflammation and pain
- Maintain 0° of knee extension

## Phase II – Progressive Stretching and Early Strengthening

### Weeks 6 to 8:

- Discontinue brace
- Progress to full ROM as tolerated

### Goals

- Full knee extension/hyperextension
- Progress to full knee flexion ROM
- No swelling
- Normal gait pattern

### Exercise progression

- Continue to emphasize patella mobility
- Gait training- normalize gait pattern
- Proprioception drills
- Begin unilateral closed kinetic chain program

## Phase III – Advanced Strengthening and Proprioception

### Weeks 8 to 10:

### Goals

- Full Knee range of motion

### Exercise progression

- Advance stationary biking program (increase intensity)
- Introduce treadmill walking and elliptical trainer
- Gym strengthening progression

### Weeks 10 to 12:

### Exercise progression

- Lunge progression (retro, walk, and split) as indicated
- Swimming freestyle
- Gym strengthening progression

## Phase IV – Advance Strengthening and Running Progression

### Weeks 12 to 14:

- Administer Preliminary functional test for physician to review
- Initiate straight line jogging at 12 weeks if proper biomechanics are demonstrated

### Exercise progression

- Basic ladder series
- Lateral lunge progression
- Linear jogging progression
- Basic plyometric box progression

### Weeks 14 to 20:

- Advance training in preparation for functional testing
- Progress plyometric training from double leg to single leg activities

### Criteria to progress to Phase V

- Pass return-to-sport test at >90% (involved vs uninvolved limb)
  - See testing protocol perform at 16 weeks

# Phase V – Return to Sport

## Weeks 20 to 24:

### Exercise progression

- Advance ladder, hurdle, and plyometrics
- Sport specific field/court drills
- Non-contact drills

### Criteria to be released for return to sport

- Follow-up examination with the physician
- Pass return-to-sport functional test at >90% (involved vs uninvolved limb)
  - See testing protocol
- Display symmetry and confidence in high-speed cutting, multiplane plyometric drills, sprinting and decelerating

Comments:

Frequency: \_\_\_\_\_ times per week

Duration: \_\_\_\_\_ weeks

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

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