

Rehabilitation Guidelines for MPFL Reconstruction

Weeks 0-2
<ul style="list-style-type: none">• WBAT, Brace locked at 0 degrees for ambulation and sleeping• ROM: 0-30° with emphasis on full extension• SLR supine with brace locked at 0 degrees, Quad Sets• Ankle Pumps
Weeks 2-4
<ul style="list-style-type: none">• WBAT, Brace locked at 30 degrees for ambulation and sleeping• ROM: 0-60 degrees (Maintain full extension)• Proprioception training• SLR, quad sets, ankle pumps
Weeks 4-6
<ul style="list-style-type: none">• WBAT, Brace locked at 60 degrees for ambulation and sleeping• ROM: 0-90 degrees (Maintain full extension)
Weeks 6-14
<ul style="list-style-type: none">• D/C Brace and wean from crutches• Progressive Squat program• Initiate Step Down program• Leg Press, Lunges• Isotonic Knee Extensions (90-40 degrees, closed chain preferred)• Agility exercises (sport cord)• Versaclimber/Nordic Track• Retrograde treadmill ambulation
Weeks 14+
<ul style="list-style-type: none">• Begin forward running (treadmill) program when 8" step down satisfactory• Continue Strengthening & Flexibility program• Advance Sports-Specific Agility Drills• Start Plyometric program