

Rehabilitation Protocol for MPFL Reconstruction



Dr. Feinstein

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 WEEKS	As tolerated with brace & crutches	<ul style="list-style-type: none"> At all times, including sleep Remove for hygiene only 	<ul style="list-style-type: none"> 0 to 90° as tolerated Stress early extension 	<ul style="list-style-type: none"> Edema & inflammation control Quad sets, SLR in brace, HS sets, heel slides, gastroc stretch E-stim, biofeedback, other modalities as indicated
PHASE II 2-6 WEEKS	<ul style="list-style-type: none"> As tolerated Wean off crutches when normal gait & adequate quad control 	<ul style="list-style-type: none"> May remove for sleep & hygiene Discontinue when SLR without lag (~ 4-6 weeks) 	<ul style="list-style-type: none"> Progress to full as tolerated Ensure full extension 	<ul style="list-style-type: none"> Continue with phase I Aggressive ROM exercises if lacking (weighted prone hangs) Progress WB flexibility & closed chain quad strengthening Begin floor-based core & gluteal exercises, balance, HS curls, stationary bike No lateral patellar glides (superior/inferior okay)
PHASE III 6-12 WEEKS	Full	May transition to lateral buttress (True-Pull) or no brace based on apprehension & activity level	Full Aggressive flexion if lacking	<ul style="list-style-type: none"> Advance closed-chain quad, core, pelvic, stability program Begin elliptical, treadmill walking In-line jogging at 12 weeks under guidance if appropriate
PHASE IV 3-6 MONTHS	Full	<ul style="list-style-type: none"> None Optional use of lateral buttress brace as transition back to sport 	Full	<ul style="list-style-type: none"> Progress strength, balance, core, hip Progress running and sport-specific exercises as tolerated

If you have any problems or questions, please call your doctor's office (8am-5pm).

Answering service for after hours.

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