

MEDIAL PATELLOFEMORAL LIGAMENT (MPFL) RECONSTRUCTION
PHYSICAL THERAPY PROTOCOL

Recommend 2-3x/week for 8 weeks
Please contact office for renewal as needed

Weeks 0-2	<ul style="list-style-type: none"> • Weight bearing as tolerated with crutches, brace locked straight while ambulating • Brace set from 0-90° and wearing at all times except personal bathing • PROM → AROM → Transition to AROM as tolerated from 0-90° • Work on quad activation! • Heel slides, quad sets, patellar mobilization, ankle pumps, straight leg raises
Weeks 3-6	<ul style="list-style-type: none"> • Continue exercises from weeks 0-2 • D/c crutches as able • Continue brace but open up to allow full ROM while ambulating • Focus on regaining full extension; goal ROM 0-125+° • Continue to transition to full AROM program
Weeks 7-12	<ul style="list-style-type: none"> • D/c brace • Closed chain knee extension, stationary bike, weight bearing gastroc/soleus stretch • Leg press and lunges (start initially with body weight only) • Mini-squats, weight shifts, initiate step down program • Advance closed chain strengthening and bike exercises • Normalize gait pattern • Progressive squat program • Initiate step down program • Proprioceptive training
Months 3-4	<ul style="list-style-type: none"> • Begin forward running in straight line • Initiate cutting/pivoting maneuvers after patient can comfortably jog/start/stop • Progress strengthening and flexibility exercises
Months 4-6	<ul style="list-style-type: none"> • Start plyometric exercises • Start sports-specific agility program