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MPFL RECONSTRUCTION

WITH CARTILAGE REPAIR

REHABILITATION PROTOCOL

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|  | **WEIGHT BEARING** | **BRACE** | **ROM** | **EXERCISES** |
| **PHASE I**  0-2 weeks | No weight bearing | On at all times during day and while sleeping\*\* | 0-30°  Emphasis on extension | Ankle pumps, gastroc stretch, SLR in brace, gentle ROM within restrictions, modalities |
| **PHASE II**  2-6 weeks | No weight bearing | Transition to patellar-stabilizing brace when able to perform 10 consecutive straight leg raises without extensor lag | Maintain full extension/hyperextension  Progress flexion by 30° every 2 weeks.  Goal full extension and 90° flexion by 6 weeks | Progress flexibility, begin light closed chain quad work without axial weight bearing  Begin floor-based core and glutes work, balance exercises and low resistance stationary bike |
| **PHASE III**  6 weeks -  4 months | Progress weight bearing by 25% each PT session towards full weight bearing  Goal WBAT by 8 weeks | None during ADLs  Patellar-stabilizing brace during running or plyometric exercise | Full | Advance weight bearing and gait  Begin closed chain quads, progress balance, core/pelvic and stability work once full weight bearing has been achieved  Begin elliptical, in-line jogging at 12 weeks under PT supervision |
| **PHASE IV**  4-6 months | Full | None during ADLs or straight line running  Patellar-stabilizing brace during sport-specific drills until cleared by MD | Full | Progress flexibility/strengthening, progression of function: forward/backward running, cutting, grapevine, initiate plyometric program and sport- specific drills @ 16 wks  Return to play is individualized and should be discussed with MD |

\*\*Brace may be removed for sleeping after 6 weeks