



**Charles F. Preston, M.D.**  
**Sports Medicine**  
**2625 Shadelands Drive**  
**Walnut Creek, CA 94598**  
**925-939-8585**  
**@docpreston**

## **MPFL Reconstruction Rehabilitation Protocol**

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

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

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

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

### **Phase I - Protect Repair + Early ROM**

#### **Weeks 0 - 2**

##### **Goals**

Protect Repair

Early active knee extension

Swelling/edema control

Brace at full extension

- Ankle pumps 1x per hour
- Quad sets and Straight Leg Raises
- Toe Touch WB w/ crutches, progressing to full weight bearing at week 2
- Prone/seated knee flexion

Modalities: Ice 20-30 minutes every three hours

### **Phase II - Range of Motion**

#### **Weeks 3 - 6**

##### **Goals**

Weight bearing as tolerated

Brace locked in full extension until six weeks

Continue AROM knee extension

Initiate AROM knee flexion, 0-90 degrees

Initiate light strengthening

- Continue previous exercises - SLR can be weighted at week 4
- Seated leg extension against gravity
- Initiate hamstring and hip strengthening

### **Phase III - Strengthening**

**Weeks 6 - 12**

#### **Goals**

Flexion AROM

Full weight bearing without brace

Progress with extension exercises and quad strengthening

- Flexion AAROM to AROM as tolerated
- Biking can begin at 110 degrees knee flexion
- Leg press and leg curls
- Continue hip strengthening
- Calf stretching/strengthening

### **Phase IV - Functional Return to Activity**

**Months 3 - 6**

#### **Goals**

Continue to progress with ROM and strengthening exercises

Sport-specific rehabilitation can begin

- Jump-landing at 12 weeks
- Running can begin at 3 months
- Continue strengthening, progress to plyometric exercise
- Sport-specific exercise
- Full return to sport at 6 months

**Comments:**

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

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

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

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