



**Arthroscopic MPFL Reconstruction Rehabilitation Protocol**

\*progression to the next phase should only be completed once patients have passed the goals of their current phase\*

	<b>Brace</b>	<b>Weight Bearing</b>	<b>ROM</b>	<b>Exercises</b>
<b>0-2 weeks*</b>	Extension for WB & sleeping	Advance to full weight bearing as tolerated, with crutches	0-30, work on quads control and full extension	Ankle pumps, quad sets (isometrics), SLR (with brace locked at 0), patellar mobilizations, heel slides, hamstring isometrics
<b>2-4 weeks</b>	D/C for sleeping	Full WB with crutches	0-60	
<b>4-6 weeks</b>		Full WB, may begin to wean from crutches when good gait dynamics and quads control	0-90	
<b>6-12 weeks</b>	D/C brace	WBAT	FULL	Closed chain strengthening, Stairmaster (start with short steps), elliptical, stationary bike, proprioception exercises, pool running / unweighted treadmill
<b>3-5 months</b>	N/A	FULL	FULL	Avoid overstressing graft, but initiate in-line running, swimming, progress hip / quad / calf / ham strengthening, advance proprioceptive exercises. When comfortable with above (strength of affected limb at least 85% of unaffected) may advance to sport specific agility
<b>5+ months</b>	N/A	FULL	FULL	Gradual return to sport, maintain strength / endurance

