



MPFL Reconstruction/Repair Protocol

Dr. Nick Sexton

	WEIGHT BEARING STATUS	BRACE	ROM	EXERCISES
Phase I 0-2 weeks	WBAT with brace	On at all times except for hygiene and exercises	0-90° in brace	Heel slides, quad and hamstring sets, gentle patellar mobs, gastroc stretch, SLR in brace, NMES for quad activation. May do BFRT
Phase II 2-6 weeks	WBAT in brace	Off at nighttime while sleeping	Maintain full extension and progress flexion	Progress weight bearing flexibility, patellar mobs, begin toe raises and closed chain quad work. Begin floor based core, glutes work. Balance Exercises, hamstring curls and stationary bike.
Phase III 6wks-4months	Full WB	Discontinue at 6 weeks if able to obtain full extension without lag	Full ROM	Advance closed chain quads, progress balance, core/pelvic and stability work Begin Elliptical, in-line jogging at 12 weeks under PT supervision.
Phase IV 4-6 months	Full WB	None	Full ROM	Progress flexibility and strengthening progression of function: forward/backward running, cutting, grapevine, initiate plyometric program and sport specific drills at 16wks.