



## MPFL Reconstruction Protocol

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-6 weeks	WBAT with crutches as needed	0-1 week: Locked in full extension for ambulation and sleeping 1-4 weeks: Unlocked for ambulation when quad returns.	0-1 weeks: 0-90° 2-6 weeks: Progress to full	Quad sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core
<b>PHASE II</b> 6-8 weeks	Full	Discontinue at 6 weeks/or when quad control improved and no extensor lag with SLR	Full	Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks; advance hip/core
<b>PHASE III</b> 8-12 weeks	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes Begin stationary bike when able
<b>PHASE IV</b> 12-20 weeks	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Swimming okay at 12 weeks Advance to sport-specific drills and running/jumping after 16 weeks once cleared by MD
<b>PHASE V</b> >4 months	Full	None	Full	Continue sport-specific training, focus on kinetic chain – core/glutes/hip/quad/hamstring  Likely return to play 4-6 months when clears functional tests