

MPFL REPAIR REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE*	ROM	EXERCISES
PHASE I 0-2 weeks	As tolerated with brace	On at all times during day and while sleeping** Off for hygiene	0-90°	Heel slides, quad and hamstring sets, patellar mobs, gastroc stretch, SLR in brace, modalities
PHASE II 2-6 weeks	Full	Discontinue at 6 weeks if able to obtain full extension w/o lag*	Maintain full extension and progress flexion	Progress weight bearing flexibility, begin toe raises and closed chain quad work Begin floor-based core and glutes work, balance exercises, hamstring curls and stationary bike
PHASE III 6-12 weeks	Full	None	Full	Advance closed chain quads, progress balance, core/pelvic and stability work Begin elliptical, in-line jogging at 12 weeks under PT supervision
PHASE IV 3-5 months	Full	None	Full	Progress balance, hip/core Initiate running at 12 wks and progress to sport-specific drills as tolerated Return to play after 16 weeks post-op when cleared by MD

*Brace may be patellar-stabilizing brace (Hely-Weber, Shields, or equivalent) immediately after surgery

**Brace may be removed for sleeping after first post-operative visit (day 7-10)

Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP