

## MPFL (MEDIAL PATELLOFEMORAL LIGAMENT) REPAIR REHABILITATION PROTOCOL

|                                | <b>WEIGHT BEARING</b>   | <b>BRACE*</b>  | <b>ROM</b>                                   | <b>EXERCISES</b>   |
|--------------------------------|-------------------------|--|--|--|
| <b>PHASE I</b><br>0-2 weeks    | As tolerated with brace | On at all times during day and while sleeping**<br><br>Off for hygiene | 0-90°  | Heel slides, quad and hamstring sets, patellar mobs, gastroc stretch, SLR in brace, modalities   |
| <b>PHASE II</b><br>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<br><br>Begin floor-based core and glutes work, balance exercises, hamstring curls and stationary bike |
| <b>PHASE III</b><br>6-12 weeks | Full                    | None   | Full   | Advance closed chain quads, progress balance, core/pelvic and stability work<br><br>Begin elliptical, in-line jogging at 12 weeks under PT supervision                                 |
| <b>PHASE IV</b><br>3-5 months  | Full                    | None   | Full   | Progress balance, hip/core<br><br>Initiate running at 12 wks and progress to sport-specific drills as tolerated<br><br>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)