

MPFL Reconstruction (with auto-or allograft)

Phase 1 (Weeks 0-2)

Weightbearing:

- As tolerated with crutches

Hinged Knee Brace:

- Locked in full extension for ambulation and sleeping/unlock for sitting

Range of Motion:

- PROM/AAROM/AROM as tolerated

Therapeutic Exercises:

- Quad/Hamstring sets, Hamstring/gastroc. stretching
- Heel slides/prone hangs/patellar mobilization (avoid lateral glides)
- SLR with brace in full extension until quad strength sufficient to prevent extension lag

Phase 2 (Weeks 2-6)

Weightbearing:

- As tolerated-wean from crutch use

Hinged Knee Brace:

- Unlocked

Range of Motion:

- PROM/AAROM/AROM as tolerated
- Maintain full extension, work on progressive knee flexion (full flexion by week 6)

Therapeutic Exercises:

- Isometric quadriceps strengthening
- Heel slides/prone hangs/patellar mobilization(avoid lateral glides)
- Mini-squats/step ups, TKE, Heel raises
- Balance exercises w/ goal of single leg stance control > 15 sec.

Phase 3 (Weeks 6-12)

Weightbearing:

- Full weightbearing without crutches
- Discontinue knee brace

Range of motion:

- Advance to full/painless ROM

Therapeutic Exercises:

- Wall sits/squats, leg press, lunges
- Proprioception training
- Stationary bicycle

Phase 4 (Months 3-4)

- Advance closed chain strengthening-leg press, leg curls
- Progress proprioception training, agility/plyometric training
- Treadmill jogging/elliptical

Phase 5 (Months 4-6)

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance