

KNEEbraska
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MEDIAL PATELLOFEMORAL LIGAMENT (MPFL) REPAIR

REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I (0-2 weeks)	As tolerated with brace	Wear at all times during day and while sleeping(see note). Can take off for hygiene.	0-90 degrees	Heel slides, quad and hamstring sets, patellar mobs, gastroc stretch, SLR in brace, modalities
PHASE II (2-6 weeks)	Full	D/C 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 work, progress balance, core/pelvic and stability work. Begin elliptical, in-line jogging at 12 weeks (with 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 surgeon

Note: Brace may be removed for sleeping if ok'd by surgeon after post-op visit (day 7-10).