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REHABILITATION PROTOCOL – MPFL RECONSTRUCTION

Phase I (0-2 weeks)

Weight Bearing: Partial weight bearing (50%)

Brace:

- On during the day and at night (locked in extension)
- Off for ROM exercises (passive ROM)

ROM: 0-60° (passive and AA)

Exercises:

- Quad/hamstring sets, patellar mobilization, straight leg raises, ankle pumps, modalities

Phase II (2-6 weeks)

Weight Bearing: Advance to weight bearing as tolerated (approximately week 4)

Brace: On with ambulation (set 0-90°); off with ROM exercises and with sleeping

ROM: Advance to 90°

Exercises:

- Continue as above
- Focus on closed chain quad work (0-90°) with squats
- Gluteals (e.g. bridges), hamstring curls, core work, hip adductors/abductors with resistance

Phase III (6-12 weeks)

Weight Bearing: Full

Brace: Convert to patella stabilizing brace as needed

ROM: Full

Exercises:

- Continue as above
- Closed chain exercises with full ROM (hamstrings, quads, glutes – single leg squats, step ups/downs), hamstring curls
- Proprioception exercises (unilateral stance, balance training, standing SLR)
- Stationary bike, elliptical

Phase IV: (12-26 weeks):

Weight Bearing: Full

Brace: None

ROM: Full

Exercises:

- Advance to eccentric exercises (hamstrings, glutes, quads)
- Elliptical, stationary bike, swimming
- Start plyometrics; advance to sport specific exercises at week 20 if cleared by Dr. Welch

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