

Medial Patellofemoral Ligament (MPFL) Reconstruction Protocol

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Phase I: Protection & Early Motion (0–2 Weeks)

- Weight Bearing: As tolerated with brace locked in extension.
- Brace: Worn at all times including sleep; may remove briefly for hygiene.
- Range of Motion: minimal first 2 weeks, but OK to bend to 90 if tolerated.
- Therapeutic Focus: Heel slides, quadriceps and hamstring sets, patellar mobilizations, gastroc stretching, straight leg raises in brace, and modalities as indicated.

Phase II: Progressive Motion & Strengthening (2–6 Weeks)

- Weight Bearing: Progress as tolerated.
- Brace: May discontinue around 6 weeks once full extension without lag is achieved.
- Range of Motion: Maintain full extension; progress flexion gradually as tolerated, goal at least 0-90 by week 6.
- Therapeutic Focus: Closed-chain quadriceps strengthening, toe raises, balance exercises, core and glute strengthening, stationary bike, and hamstring curls.

Phase III: Advanced Strengthening (6 Weeks – 4 Months)

- Weight Bearing: Full.
- Brace: Wean from brace.
- Range of Motion: Full.
- Therapeutic Focus: Progress closed-chain strengthening, balance and proprioception, core and pelvic stability. Begin elliptical and initiate straight-line jogging at ~12 weeks under PT supervision.

Phase IV: Return to Sport (4–6 Months)

- Therapeutic Focus: Advance strengthening and functional training including running progression, cutting, agility drills, plyometrics, and sport-specific activities.
- Return to Sport: No sooner than 20 weeks once cleared by the treating physician.

Notes:

- Brace may be transitioned to a patellar-stabilizing brace within 4-6 weeks..
- Brace may be removed for sleep after week 3-4