

**PHYSICAL THERAPY PROTOCOL: MPFL Reconstruction with Allograft**

Name: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Signed: \_\_\_\_\_

**Frequency: 2-3 times per week x 12 weeks**

**Phase 1 → 0-2 Weeks Post-Op**

Weight Bearing:

- As tolerated weight bearing with brace on

Brace:

- On at all times locked in full extension, day and night except for hygiene and home exercises

Range of Motion:

- 0 to 90 degrees

Exercises:

- Heel slides, quad & hamstring sets, patellar mobility, gastroc stretch, straight leg raise in brace
- Modalities per PT discretion

**Phase 2 → 2-6 Weeks Post-Op**

Weight Bearing:

- As tolerated with brace

Brace:

- d/c at 6 weeks if able to full extension without lag

Range of Motion:

- Maintain full extension and progress flexion as tolerated

Exercises:

- Progress weight bearing flexibility, begin toe raises and closed chain quad exercises
- Begin floor based core and glute exercises, balance exercises
- Hamstring curls and stationary bike

**Phase 3 → 6 Weeks-4 Months Post-Op**

- d/c brace
- Full ROM and weight bearing

Exercises:

- Advance closed chain quads, progress balance, core/pelvic and stability work
- Begin elliptical, in-line jogging at 12 weeks under PT supervision

**Phase 4 → 4-6 Months Post-Op**

- Full ROM and weight bearing

Exercises:

- Progress flexibility and strengthening, progress function of forward/backward running, cutting, grapevine, start plyometric program and sport specific drills at 16 weeks
- Return to play as tolerated after 16 weeks post-op when cleared by Dr Makhni