

Physical Therapy Protocol MPFL Reconstruction

Recommendation: PT/OT visits 2-3x/week for 8 weeks, then 1x/week for 2-4 months

Week 0-3

- Toe touch weight bearing
- Knee range of motion 0-90 degrees in brace
- Brace on at all times (except to shower)
- Brace locked straight while ambulating until quad control achieved
- Passive and active knee ROM
- Goal for 90 degrees of flexion by 6 weeks
- Quad activation, ankle pumps, straight leg raise

Week 4-6

- Progress to full weight bearing
- Brace on at all times, unlocked – no range of motion limitations
- Brace locked straight while ambulating until quad control achieved
- Active and passive ROM of knee, no limitations
- Quad activation, ankle pumps, straight leg raise, soft tissue mobilization
- Closed chain exercises

Week 6-12

- Light resistance training
- Quad activation, ankle pumps, straight leg raise, soft tissue mobilization
- Closed chain exercises
- Wean out of brace

Week >12

- Terminal range of motion
- Soft tissue mobilization
- Closed chain exercises, no open chain exercises
- Progress towards home program
- Begin sport specific training