



MPFL Reconstruction Post-Operative Rehabilitation Protocol

0-2 Weeks:

- WBAT, brace locked at 0° for ambulation and sleeping
- ROM: 0-30° with emphasis on full extension
- SLR supine with brace locked at 0°, quad sets
- Ankle pumps

2-4 Weeks:

- WBAT, Brace locked at 0° for ambulation and sleeping
- ROM: 0-60° (maintain full extension)
- Proprioception training
- SLR, quad sets, ankle pumps

4-6 Weeks:

- WBAT, Brace locked at 0° for ambulation and sleeping
- ROM: 0-90° (maintain full extension)

6-14 Weeks:

- D/C Brace and wean from crutches
- Progressive squat program
- Initiate Step-Down program
- Leg press, lunges
- Isotonic knee extensions (90-40°, closed chain preferred)
- Agility exercises (sport cord)
- Versaclimber/Nordic Track
- Retrograde treadmill ambulation

14-22 weeks:

- Begin forward running (treadmill) program when 8" step down satisfactory
- Continue strengthening & flexibility program
- Advance sports-specific agility drills
- Start Plyometric program
- **Plyo Prep Screen when initiating running and/or jumping. Schedule via QR code or email spc@rushortho.com



> 22 weeks:

- Advance Plyometric program, Return to Sport (MD Directed)
- **Lower Body Assessment when initiating return to activity progression. Schedule via QR code or email spc@rushortho.com

