

AMZ + MPFL RECONSTRUCTION W/ ALLOGRAFT REHABILITATION PROTOCOL

PHASE I (0–2 weeks)

Weight Bearing: Heel touch only

Brace:

- On at all times during day and while sleeping*
- Off for hygiene and exercises

Range of Motion (ROM): 0–90° at home

Exercises:

- Calf pumps
- Quadriceps sets
- Straight leg raise (SLR) in brace
- Modalities as indicated

*Brace may be removed for sleeping after first post-operative visit (day 7–10)

PHASE II (2–6 weeks)

Weight Bearing: Heel touch only

Brace: Off at night

Range of Motion (ROM): Open 0–90°

- Maintain full extension and progress flexion

Exercises:

- Progress non-weight bearing flexibility
 - Begin floor-based core, hip, and glute exercises
 - Advance quadriceps sets, patellar mobilizations, and SLR
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PHASE III (6–8 weeks)

Weight Bearing: Advance 25% weekly, progress to full with normalized gait pattern

Brace: None

Range of Motion (ROM): Full

Exercises:

- Advance closed chain quadriceps exercises
 - Progress balance, core/pelvic, and stability work
 - Begin stationary bike at 6 weeks
 - Advance SLR and floor-based exercises
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PHASE IV (8–16 weeks)

Weight Bearing: Full

Brace: None

Range of Motion (ROM): Full

Exercises:

- Progress flexibility and strengthening
 - Progress functional balance, core, glutes program
 - Advance bike after 12 weeks
 - Add elliptical and swimming after 14 weeks
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PHASE V (16–24 weeks)

Weight Bearing: Full

Brace: None

Range of Motion (ROM): Full

Exercises:

- Maximize single-leg dynamic and static balance

- Glutes / pelvic stability / core + closed-chain quadriceps program and HEP independently
- Begin sport-specific drills as tolerated after 16 weeks once cleared by MD