

MPFL ALLOGRAFT RECONSTRUCTION REHABILITATION PROTOCOL

PHASE I (0–2 weeks)

Weight Bearing: As tolerated with brace

Brace:

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

Range of Motion (ROM): 0–90°

Exercises:

- Heel slides
 - Quadriceps and hamstring sets
 - Patellar mobilizations
 - Gastrocnemius stretch
 - Straight leg raise (SLR) in brace
 - Modalities as indicated
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PHASE II (2–6 weeks)

Weight Bearing: As tolerated with brace

Brace: Discontinue at 6 weeks if full extension can be obtained without lag*

Range of Motion (ROM): Maintain full extension and progress flexion

Exercises:

- Progress weight-bearing flexibility
- Begin toe raises and closed-chain quadriceps exercises
- Floor-based core and glute work
- Balance exercises
- Hamstring curls
- Stationary bike

PHASE III (6 weeks–4 months)

Weight Bearing: Full

Brace: None

Range of Motion (ROM): Full

Exercises:

- Advance closed-chain quadriceps exercises
- Progress balance, core/pelvic, and stability work
- Begin elliptical
- In-line jogging at 12 weeks under PT supervision

PHASE IV (4–6 months)

Weight Bearing: Full

Brace: None

Range of Motion (ROM): Full

Exercises:

- Progress flexibility and strengthening
- Progress functional activities: forward/backward running, cutting, grapevine
- Initiate plyometric program and sport-specific drills at 16 weeks
- Return to play as tolerated after 16 weeks post-op once cleared by MD

*Discontinue brace at 6 weeks if full extension achieved without lag

**Brace worn at all times during first 2 weeks