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REHABILITATION PROTOCOL – MPFL RECONSTRUCTION

Phase I (0-2 weeks)

Weight-Bearing: Partial weight bearing (50%)

Brace:

- On with weight-bearing (locked in extension)
- Off for ROM exercises (passive ROM); off while sleeping, sitting

ROM: 0-60° (passive and AA)

Exercises:

- Quad/hamstring sets, patellar mobilization, straight leg raises, ankle pumps, modalities

Phase II (2-6 weeks)

Weight-Bearing: Advance to weight-bearing as tolerated

Brace: open 0-90° with weight-bearing, then discontinue as tolerated

ROM: Advance as tolerated

Exercises:

- Continue as above
- Focus on closed chain quad work (0-90°) with squats
- Gluteals (e.g. bridges), hamstring curls, core work, hip adductors/abductors with resistance

Phase III (6-12 weeks)

Weight-bearing: full

Brace: none

ROM: full

Exercises:

- Continue as above
- Closed chain exercises with full ROM (hamstrings, quads, glutes – single leg squats, step ups/downs), hamstring curls
- Proprioception exercises (unilateral stance, balance training, standing SLR)
- Stationary bike, elliptical

Phase IV: (12-26 weeks):

Weight-bearing: full

Brace: none

ROM: full

Exercises:

- Advance to eccentric exercises (hamstrings, glutes, quads)
- Elliptical, stationary bike, swimming
- Start plyometrics; advance to sport specific exercises at week 20 if cleared by Dr. Welch

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