

## **Rehabilitation Protocol: Medial Patellofemoral Ligament Reconstruction (MPFL) with Hamstring Auto / Allo graft**

### **Phase I (Weeks 0-4)**

- **Weight bearing:** As tolerated with crutches (may be modified if concomitant meniscal repair/meniscal transplant or articular cartilage procedure is performed)
- **Hinged Knee Brace:**
  - Locked in full extension for ambulation and sleeping – remove for hygiene and PT
- **Range of Motion** – AAROM → AROM as tolerated
- **Therapeutic Exercises**
  - Quad/Hamstring sets
  - Heel slides
  - Non-weightbearing stretch of the Gastroc/Soleus
  - Straight-Leg Raise with brace in full extension until quad strength prevents extension lag

### **Phase II (Weeks 4-6)**

- **Weight bearing:** As tolerated -- discontinue crutch use
- **Hinged Knee Brace:** Continue until 6 weeks post op
- **Range of Motion** – Maintain full knee extension – work on progressive knee flexion
- **Therapeutic Exercises**
  - Closed chain extension exercises
  - Hamstring curls
  - Toe raises
  - Balance exercises
  - Progress to weight bearing stretch of the Gastroc/Soleus
  - Begin use of the stationary bicycle if tolerated

### **Phase III (Weeks 6-16)**

- **Weight bearing:** Full weight bearing
- **Hinged Knee Brace:** May discontinue at 6 weeks post op
- **Range of Motion** – Full/Painless ROM
- **Therapeutic Exercises**
  - Advance closed chain strengthening exercises, proprioception activities
  - Begin use of the Stairmaster/Elliptical
  - **Can Start Straight Ahead Running at 10-12 Weeks**

### **Phase IV (Months 4-6)**

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance
- Can return to sports if passes strength testing