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Rehabilitation Protocol: MPFL Reconstruction

	Weight Bearing/ROM	Brace Use	Therapeutic Elements
PHASE I 0 – 2 weeks	Toe touch weightbearing, crutches Goal full extension by 2 weeks, flexion limited to 30° with therapist	Locked in extension for ambulation and sleeping Remove for exercises	Heel slides Quad and hamstring sets Patella mobilization Gastroc-soleus stretches Straight leg raises Prone hangs Modalities as needed (stim, heat before, ice after)
2 – 6 weeks	Progress to full weightbearing in brace Progression of flexion to 90° by 4-6 weeks	May remove brace for sleeping and exercises, progressively open brace to 90 for weightbearing	As above
PHASE II 6 – 12 weeks	Full weightbearing with normalizing gait pattern	Discontinue brace when patient has full active extension and no extension lag	Advance closed-chain strengthening and proprioception (including wall sits, lunges), stationary bicycle, balance exercises
PHASE III 3 – 4 months	Full unrestricted motion	Consider patellar stabilizing knee sleeve	Glute/core strengthening focus Single leg dynamic balance/strength Gradual return to impact activity 12 weeks: elliptical, jogging 4 months: straight ahead running
PHASE IV 4 – 6 months	Unrestricted	Patellar sleeve PRN	Strengthening, progress as above Resume sport specific impact and activity including sprinting, cutting and pivoting