

# **Medial Patellofemoral Ligament Reconstruction/Repair Protocol**

## **Dr. Andy Brien**

MPFL

CONSIDERATIONS:

Limit flexion to less than 90 degrees during the first four weeks then gradually increase

Maintain patellar mobility throughout the program

Continue to build quadriceps strength, especially the VMO

PHASE 1: 1-2 WEEKS

Quad sets

Straight leg raises

Patella glides

Weight bear as tolerated with knee in full extension, limit flexion to 0-30 degrees in  
week 1, 0-60 degrees in week 2

Hip abduction and adduction

Begin working on gastrocnemius strengthening

PHASE 2: 3-4 WEEKS:

Closed chain work from 0-60 degrees

Step-ups

Iliotibial band stretching

Can begin hip abduction at week four

i.e. theraband sidestepping

At week four, begin proprioceptive training with a balance board

PHASE 3: 5-6 WEEKS:

Closed chain work from 0-90 degrees

General strength program

Hamstring exercises

Multi-hip exercises

Heel raises

Lunges

Squats, lunges, and leg presses from 0-90 degrees

Patient may be able to begin riding an exercise bike; however, he must have at least 110 degrees of flexion

PHASE 4: WEEK 12

Can begin jogging

PHASE 5: WEEK 16

Can begin jumping and other plyometrics