BaylorScott&White
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Medial Patellofemoral Ligament (MPFL) Reconstruction

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	BRACE / WEIGHT BEARING	THERAPEUTIC EXERCISE
Phase I **0–2 weeks** GOAL TO ADVANCE *Full extension; leg raise without lag*	Full extension; flexion 0-90° by first visit	Weight bearing as tolerated, brace locked straight day and night (off for hygiene/exercise); crutches	Quad sets, straight-leg raise in brace, heel slides, kneecap mobilization (up/down only), ankle pumps
Phase II **2–6 weeks** GOAL TO ADVANCE *Normal gait without lag*	Flexion ≥90° by 4 weeks, toward 120° by 6 weeks	Brace unlocked 0-90° when quad control is good; off at night; discontinue at 4-6 weeks	Closed-chain quad work, toe raises, hamstring curls, core/glutes, balance; bike once flexion about 110°
Phase III **6–12 weeks** GOAL TO ADVANCE *Quad strength ≥80%; no apprehension*	Full	None or kneecap-stabilizing sleeve	Advance strengthening and single-leg work; elliptical, treadmill walking; straight-line jogging at 12 weeks
Phase IV **3–6 months** GOAL TO ADVANCE *Strength/hop ≥90%; physician clearance*	Full without discomfort	Optional stabilizing brace for sport	Jump-landing, agility, plyometrics, sport-specific drills; return to sport at about 4-6 months**

NOTES

**If approved by physician

NOTE: With tibial tubercle osteotomy or trochleoplasty, protected weight bearing for about 6 weeks per physician

This protocol is a guideline. Your surgeon may adjust it based on your surgery and progress.
Call the office for fever, wound drainage, calf pain or swelling, or new numbness or tingling.

Questions: 469.800.7200
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