Medial Patellofemoral Ligament (MPFL) Reconstruction
Physical Therapy Protocol

Postop	Goals	Precautions	Exercises
Weeks 0-4 PT 2-3x/week HEP daily	ROM 0-90° Edema and pain control Limit quadriceps inhibition SLR without lag Promote independence	WBAT, brace locked at 0° Brace at 0° for ambulation & sleep Knee Flexion: **Weeks 0-2**: 0-60° **Weeks 3-4**: 0-90° Avoid lateralization of patella (lateral patella glides, SLR for hip flexion, active knee extension exercises)	A/AAROM flexion PROM extension Quad re-education Patella mobilization (avoid lateral) Hip/Core training
Weeks 4-12 PT 2-3x/week HEP daily	ROM 0-130° Minimize effusion & pain Improve quad control Promote independence Normalize gait Ascend 8" step with control	**Weeks 6-8**: ROM 0-110° Brace open 0-60° for ambulation **Weeks 8-10**: ROM 0-120° DC brace when adequate quad **Weeks 10-12**: ROM 0-130° Avoid lateralization of patella No running	Gait training Closed chain quad strengthening Bilateral leg press 0-60° Short crank → standard (ROM>115°) Forward step-up program Advance proprioceptive training Proximal strengthening & Core
Weeks 12-18 PT 1-2x/week HEP daily	Full ROM Normal gait Step-up/down 8" with control Adequate Core	Avoid painful activities Avoid too much too soon	Progress quad strengthening Progress squat program <90° flexion Forward step-down program Elliptical, retrograde treadmill Endurance training
Weeks 18-24 PT 1x/week HEP daily	Symptom free running Strength and flexibility to meet sporting demands Hop Test >75% contralateral	Avoid painful activities No sport until MD clearance	Forward running program weeks (8" step down OK) Advance agility program Advance core strengthening Plyometrics w/ sufficient base Sport specific training
Weeks 24+ PT 1x/week HEP daily	No limitations No apprehension with sport movements Hop Test >85% contralateral	Avoid painful activities No sport until MD clearance	Advance flexibility/agility/plyometrics Sport specific training