



## REHABILITATION PROTOCOL: MEDIAL PATELLOFEMORAL LIGAMENT RECONSTRUCTION

\_\_\_\_\_  
**Name**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Diagnosis**

\_\_\_\_\_  
**Date of Surgery**

**Phase I (Weeks 0-2)**

- **Weightbearing:** Toe-touch weightbearing with crutches
- **Hinged Knee Brace:**
  - o Locked in full extension for ambulation and sleeping
- **Range of Motion – PROM/AAROM**
- **Therapeutic Exercises**
  - o Quad/Hamstring sets
  - o Heel slides/Prone hangs/Patellar mobilization
  - o Straight-Leg Raise with brace in full extension until quad strength prevents extension lag

**Phase II (Weeks 2-6)**

- **Weightbearing:** As tolerated – wean from crutch use
- **Hinged Knee Brace:** Unlocked
- **Range of Motion – PROM/AAROM/AROM:** Maintain full knee extension – work on progressive knee flexion (goal of 90 degrees by week 6)
- **Therapeutic Exercises**
  - o LIMIT WEIGHBEARING EXERCISE TO FLEXION ANGLES < 90 DEGREES
  - o Isometric quadriceps strengthening
  - o Heel slides/Prone hangs
  - o Patellar mobilization

**Phase III (Weeks 6-12)**

- **Weightbearing:** Full weightbearing without crutches
- **Discontinue Knee Brace – Convert to Patellar Stabilization Sleeve (Reaction Brace)**
- **Range of Motion – Advance to Full/Painless ROM**
- **Therapeutic Exercises**
  - o Wall sits/Lunges
  - o Proprioception training
  - o Stationary bicycle

**Phase IV (Months 3-4)**

- Advance closed chain strengthening – leg press, leg curls
- Plyometric and proprioception training
- Treadmill jogging/Elliptical

**Phase V (Months 4-6)**

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance

**Comments:**

**Frequency:** \_\_\_\_\_ **times per week**      **Duration:** \_\_\_\_\_ **weeks**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_