



**POST-OPERATIVE REHABILITATION PROTOCOL for
MPFL RECONSTRUCTION
DR. ANSWORTH ALLEN, MD**

0-2 Weeks :

WBAT, Brace locked at 0 degrees for ambulation and sleeping
ROM: 0-30° with emphasis on full extension
SLR supine with brace locked at 0 degrees, Quad Sets Ankle
Pumps

2-4 Weeks :

WBAT, Brace locked at 30 degrees for ambulation and sleeping
ROM: 0-60 degrees (Maintain full extension)
Proprioception training
SLR, quad sets, ankle pumps

4-6 Weeks :

WBAT, Brace locked at 60 degrees for ambulation and sleeping
ROM: 0-90 degrees (Maintain full extension)

6-14 Weeks :

D/C Brace and wean from crutches
Progressive Squat program
Initiate Step Down program
Leg Press, Lunges
Isotonic Knee Extensions (90-40 degrees, closed chain preferred)
Agility exercises (sport cord)
Versaclimber/Nordic Track
Retrograde treadmill ambulation

14-22 Weeks :

Begin forward running (treadmill) program when 8" step down satisfactory
Continue Strengthening & Flexibility program
Advance Sports-Specific Agility Drills
Start Plyometric program

>22 Weeks :

Advance Plyometric program, Return to Sport (MD Directed)



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