

**MPFL (MEDIAL PATELLOFEMORAL LIGAMENT) REPAIR  
REHABILITATION PROTOCOL  
Dr Aukerman (Revised 3/22/18)**

**ATTENTION PHYSICAL THERAPISTS—STRESS IMPORTANCE OF THE FOLLOWING:**

- Place patient in brown compression stocking (20-30 mmHg) at first PT appointment. Wear during daytime only and d/c at night—instruct patient/family member how to don/doff stocking
  - May discharge when no swelling or effusion- typically 3-4 weeks p/o
- Stress early knee extension. Should reach full knee ext by 2 weeks post-op.
- Stress no pillows under popliteal fossa. Always under calf/heel only to progress knee extension.
- All multi-ligament reconstructions on ASA 325 p/o daily X2 weeks unless contraindicated (i.e. Coumadin, Bloodthinners, Allergies)

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE 1</b> 0-2 weeks	As tolerated in brace	On at all times during the day and while sleeping  Off for hygiene	0-90° begin immediately	Heel slides, quad and hamstring sets, gastroc stretch, SLR in brace, modalities
<b>PHASE 2</b> 2-6 weeks	Full	Discontinue at 6 weeks if able to obtain full ext w/o lag	Maintain full extension and progress flexion	Progress weight bearing flexibility; begin toe raises, and closed chain quad work.  Begin floor based core and glutes work, balance and exercises, hamstring curls, and stationary bike  Scar mobs 4-6 weeks when adequate healing
<b>PHASE 3</b> 6-12 weeks	Full	None	Full	Advance closed chain quads, progress balance, core/pelvic stability work  Begin elliptical
<b>PHASE 4</b> 3-5 months	Full	None	Full	Initiate running at 16 weeks  Sport specific drills as tolerated at 20 weeks  Return to play at 24 weeks p/o when cleared by physician