



MODERN ORTHOPEDICS

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MEDIAL PATELLOFEMORAL LIGAMENT (MPFL) RECONSTRUCTION PROTOCOL

Name:	Phone #:	DOB:
Dx/ICD-10:		Date of Sx:

Frequency: 1-2 x per Week

Duration: 8-12 Week

Weeks 0--2:

- 50% weight bearing with crutches
- Brace set from 0--90 degrees and wearing at all times except personal bathing
- PROM → AAROM → Transition to AROM as tolerated from 0--90 degrees
- Heel slides, quad sets, patellar mobs, ankle pumps, straight leg raises

Weeks 3--6:

- Continue exercises from weeks 0--2
- D/c crutches and transition to full weight bearing
- Continue brace but open up to allow full ROM
- Focus on regaining full extension; goal ROM 0--125+ degrees
- Continue to transition to full AROM program

Weeks 7--12:

- D/c brace
- Closed chain knee extension, stationary bike, weight bearing gastroc/soleus stretch
- Leg press and lunges (start initially with bodyweight only)
- Mini-squats, weight shifts, initiate step up program
- Advance closed chain strengthening and bike exercises
- Normalize gait pattern
- Progressive squat program
- Initiate step down program
- Proprioceptive training

Months 3--4:

- Begin forward running in straight line
- Initiate cutting/pivoting maneuvers after patient can comfortably jog/start/stop
- Progress strengthening and flexibility exercises

Months 4+:

- Start plyometric exercises
- Start sports specific agility program

Signature: _____ **Date:** _____