



MEDIAL PATELLOFEMORAL LIGAMENT (MPFL) RECONSTRUCTION & LATERAL LENGTHENING PROTOCOL

This protocol is a general outline. "As tolerated" refers to no increased sharp pain, swelling, or other undesirable factors. If any of these occur, decrease activity level and ice. Progression and return to sport may vary between individual patients, and will be guided by your provider's team (physician, physician assistant, athletic trainer, and therapist) input and appropriate testing.

PHASE I: WEEKS 0-2

Weight-bearing:

- Weight-bearing as tolerated (WBAT) with crutches until minimal to no limp

Brace:

- Knee Immobilizer until first post-op visit
- No brace

Range of Motion (ROM):

- Progress as tolerated

Therapeutic Exercises:

- Strengthening/Neuromuscular training
- Quad, glute, hamstring sets, Open chain hip strengthening (4-way SLR)
- core strengthening
- Ankle strengthening and stretching
- Gait & balance training
- Stationary bike immediately

Manual Therapy and Modalities:

- Scar, soft tissue, and patellar mobilizations
- Cryotherapy (ice), compression, e-stim

Progression Criteria:

- Full passive knee extension
- Minimal joint effusion

PHASE II: WEEKS 2-6

Range of Motion (ROM):

- Progress to full ROM

Therapeutic Exercises:

- Gait & balance training
- Eccentric quad strengthening
- Hip/glute strengthening (4-way SLR, band walks, step ups, step downs, bridges, etc.)
- Core strengthening
- Stationary bike

Manual Therapy and Modalities:

- Scar, soft tissue, and patellar mobilizations
- Cryotherapy, compression, e-stim as needed

Progression Criteria:

- Full ROM
- No effusion
- No pain
- Good quad strength

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PHASE III: WEEKS 6-12

Therapeutic Exercises:

- Progress ROM and flexibility to full
- Closed Kinetic Chain (CKC) multi-plane activities
- Continue hip and core strengthening
- Continue gait and balance training
- Stationary bike
- May begin impact activities when established normal gait, full ROM and demonstrates good quad control

Manual Therapy and Modalities:

- Scar, soft tissue, and patellar mobilizations
- Cryotherapy and compression as needed

Progression Criteria:

- No swelling or pain
- Full ROM
- Tolerating impact activities well, may progress to sport specific training

PHASE IV: RETURN TO SPORT

Therapeutic Exercises:

- Advance impact activities
- Continue with single leg strengthening & eccentric quad control
- Initiate running
- Box Drill- walk→jog→sprint progressing 4 cones from 5 yards apart to 10, 20 then 40 yards apart. Clockwise/counter-clockwise
 - This can progress to more sport specific skills (i.e. dribbling basketball, kicking soccer ball)
- Specific return to sport protocols may be found on our website under “Home Exercise Programs” with 14 sports that include sport specific skills and drills