



Postoperative MPFL reconstruction protocol

Week 1:

WBAT with crutches (wean off of crutches by 2 weeks)
No limitations on AROM/AAROM as tolerated
Start isometric quads/hamstrings, straight leg raise
Modalities such as ice, ultrasound

Weeks 2-3:

Progress weight bearing as tolerated
Modalities prn
Increase stretching, PROM/AAROM
Increase strengthening focusing on closed chain exercises & continue isometrics

Week 4-6:

May begin plyometrics, running, strengthening as tolerated
Return to sport at 8 weeks if :

- Operative side quads within 1cm circumference of non-operative side
- Able to perform one-leg hop