

Rehabilitation Protocol: Medial Patellofemoral Ligament Reconstruction

Phase 1 (Weeks 0-2)

- **Weightbearing:** As tolerated with crutches
- **Hinged Knee Brace:**
 - Locked in full extension for ambulation and sleeping, unlocked for range of motion exercises
- **Range of Motion** – PROM/AAROM 0-30°
- **Therapeutic Exercises**
 - Quad/Hamstring sets
 - Heel slides/Prone hangs/Patellar mobilization (**avoid lateral glides**)
 - Straight-leg raise with brace in full extension until quad strength prevents extension lag

Phase 2 (Weeks 2-6)

- **Weightbearing:** As tolerated – wean from crutch use
- **Hinged Knee Brace:** Unlocked
- **Range of Motion** – PROM/AAROM/AROM: Maintain full knee extension – work on progressive knee flexion (goal of at least 90 degrees by week 6)
- **Therapeutic Exercises**
 - LIMIT WEIGHTBEARING EXERCISE TO FLEXION ANGLES < 90°
 - Isometric quadriceps strengthening
 - Heel slides/Prone hangs
 - Patellar mobilization (**avoid lateral glides**)

Phase 3 (Weeks 6-12)

- **Weightbearing:** Full weightbearing without crutches
- **Discontinue Knee Brace – Convert to Patellar Stabilization Sleeve**
- **Range of Motion** – Advance to full/painless ROM
- **Therapeutic Exercises**
 - Okay to begin blood flow restriction therapy
 - Wall sits/Lunges (LIMIT TO FLEXION ANGLES < 90°)
 - Proprioception training
 - Begin stationary bicycle

Phase 4 (Months 3-4)

- Advance closed chain strengthening – leg press, leg curls (may progress past 90°)
- Plyometric and proprioception training
- Treadmill jogging/Elliptical

Phase 5 (Months 4-6)

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance