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**POST-OPERATIVE MPFL RECONSTRUCTION/REPAIR PROTOCOL**

**0-6 Weeks:**

WBAT in brace in full extension

Quad sets/SLR in brace

ROM 0-40 degrees x 2 weeks, then progress to 0-90 degrees for passive motion

**6-8 Weeks:**

Wean from brace into Lateral buttress knee sleeve used during activities

Gait drills

Functional single plane closed chain movements

Balance/proprioception

Progress range of motion as tolerated – passive, active, active assisted

**8-12 Weeks:**

All exercises as above

Gradually progress lower extremity strengthening avoiding valgus forces on knee

Emphasize patellofemoral program

Hip and Core strengthening

**12-16 Weeks:**

Progress to multi-plane closed chain strengthening, single leg press

Progressive Active strengthening

May begin jogging

Begin sports specific exercises at 14-16 weeks

**>16 Weeks:**

Return to all activities including cutting/pivoting sports