

Rehabilitation Protocol: Medial Patellofemoral Ligament Reconstruction

Phase I (Weeks 0-2)

- **Weightbearing:** Toe-touch weightbearing with crutches
- **Hinged Knee Brace:**
 - Locked in full extension for ambulation and sleeping
- **Range of Motion** – PROM/AAROM
- **Therapeutic Exercises**
 - Quad/Hamstring sets
 - Heel slides/Prone hangs/Patellar mobilization
 - Straight-Leg Raise with brace in full extension until quad strength prevents extension lag

Phase II (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 90 degrees by week 6)
- **Therapeutic Exercises**
 - LIMIT WEIGHBEARING EXERCISE TO FLEXION ANGLES < 90 DEGREES
 - Isometric quadriceps strengthening
 - Heel slides/Prone hangs
 - Patellar mobilization

Phase III (Weeks 6-12)

- **Weightbearing:** Full weightbearing without crutches
- **Discontinue Knee Brace – Convert to Patellar Stabilization Sleeve (Reaction Brace)**
- **Range of Motion** – Advance to Full/Painless ROM
- **Therapeutic Exercises**
 - Wall sits/Lunges
 - Proprioception training
 - Stationary bicycle

Phase IV (Months 3-4)

- Advance closed chain strengthening – leg press, leg curls
- Plyometric and proprioception training
- Treadmill jogging/Elliptical

Phase V (Months 4-6)

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