

# Post-Op Rehabilitation Guidelines for MPFL Reconstruction

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0-2 Weeks:

- WBAT, Brace at 0 degrees for ambulation and sleeping
- ROM: 0-30° with emphasis on full extension
- SLR supine with brace locked at 0 degrees, Quad Sets
- Ankle Pumps

2-4 Weeks:

- WBAT
- ROM: 0-60 degrees (Maintain full extension)
- Proprioception training
- SLR, quad sets, ankle pumps

4-6 Weeks:

- WBAT
- ROM: 0-90 degrees (Maintain full extension)

6-14 Weeks:

- D/C Brace and wean from crutches
- Progressive Squat program
- Initiate Step Down program
- Leg Press, Lunges
- Isotonic Knee Extensions (90-40 degrees, closed chain preferred)
- Agility exercises (sport cord)
- Versaclimber/Nordic Track
- Retrograde treadmill ambulation

14-22 weeks:

- Begin forward running (treadmill) program when 8" step down satisfactory
- Continue Strengthening & Flexibility program
- Advance Sports-Specific Agility Drills
- Start Plyometric program

22 weeks:

- Advance Plyometric program, Return to Sport (MD Directed)