



# MPFL Protocol

## Precautions

### Brace:

-Locked at 0° and TTWB x4 weeks for ambulation and sleep

-Progressively unlock brace in 30° intervals from week 4-6

### Crutches:

-TTWB x2 weeks  
-45-90° weeks 2-4  
-> 90° as tolerated  
> 4 weeks

### ROM:

-0-45° x2 weeks  
-45-90° weeks 2-4  
->90° as tolerated  
>4 weeks

### Patellar Mobility:

-avoid end range lateral patellar mobility x6 weeks

<b>Post-Operative</b> Day 1-5	Dressing Change
	Keep wound dry and covered x7-10 days
	Ambulate with crutches
	Elevate, compression, ankle pumps

<b>PHASE 1</b> Wk 1-6 <u>Goal:</u> Protect graft <i>Promote Tissue Healing</i>	WBAT after wk 2
	Passive knee flexion to 90°
	Knee extension AROM to 0°
	Bike wk 2 once at 110°
<b>PHASE 2</b> Wk 6-12 <u>Goal:</u> ascend stairs with normal pattern <i>Restore household function</i>	Quad control of SLR without lag
	Full flexion PROM
	Knee extension AROM with heel prop
	Bike with resistance
	Joint line girth within 1cm
	Proper 2 leg squat form with full depth
<b>PHASE 3</b> Wk 12-18 <u>Goal:</u> Full single leg stability <i>Initiate strengthening</i>	Single leg balance reach test within 4 cm of uninvolved leg
	Non antalgic gait pattern
	Elliptical wk 12

<b>PHASE 4</b> Wk 18-24 <u>Goal:</u> Pass sport test <i>Return to sport</i>	Full knee P/AROM and no joint line swelling
	Ascend/descend 2 flights of stairs with reciprocal gait
	Pass single leg bridge hold test
	Pass single leg squat test
	Clear for Rebound force plate test

<b>PHASE 4</b> Wk 18-24 <u>Goal:</u> Pass sport test <i>Return to sport</i>	Biking progression wk 18
	Golf progression wk 18
	Rebound force plate test wk 18
	Pass Vail sport test wk 20
	Running progression wk 20
	Multidirectional agility wk 18-22
<b>PHASE 4</b> Wk 18-24 <u>Goal:</u> Pass sport test <i>Return to sport</i>	Rebound force plate test wk 22-24