

Center for Athletic Medicine
Dr. Preston Wolin
Medial Patellofemoral Ligament (MPFL) Reconstruction Protocol
By, Dr. Andrew Cosgarea

~Please call 773.248.4150 with any and all questions~

Post-op Day 1:

Touch down weight bearing with brace locked in full extension
Quad sets and ankle pumps
Cryotherapy device and elevation
CPM machine, advance as tolerated

Week 1:

Advance to full weight bearing as tolerated with brace ***locked in full extension for ambulation only!***
Unlock brace for active and active-assisted ROM exercises
Heel slides, seated flexion, prone flexion
Wear knee brace until at least six weeks post-op

Week 2:

SLRs with 1-lb weight
Begin stationary bike for ROM
Continue FWB with brace locked in extension ****NOTE: For ambulation ONLY****

Week 4:

SLRs: 100 reps daily
Should have 120 degrees of flexion

Week 6:

Discontinue brace when quadriceps strengthening allows
Neoprene sleeve with lateral buttress optional
Step-ups phone book
BAPS board
Water exercises

Week 8:

Shuttle jumps, stair stepper, treadmill
Should have normal ROM
Isotonic leg presses, toe press, leg curl
Stool scooter

Month 3:

Initiate progressive jogging program

Month 4-5:

Advance to cutting and sport-specific drills
Return to regular sports if cleared by MD

*****If a patient is not progressing, please call the office for recommendations*****