

MPFL ALLOGRAFT RECONSTRUCTION REHABILITATION PROTOCOL

| | WEIGHT BEARING | BRACE | ROM | EXERCISES |
|--|-------------------------|--|--|--|
| PHASE I 0-2 weeks | As tolerated with brace | On at all times during day and while sleeping** Off for hygiene | 0-90° | Heel slides, quad and hamstring sets, patellar mobs, gastroc stretch, SLR in brace, modalities |
| PHASE II 2-6 weeks | As tolerated with brace | Discontinue at 6 weeks if able to obtain full extension w/o lag* | Maintain full extension and progress flexion | Progress weight bearing flexibility, begin toe raises and closed chain quad work Begin floor-based core and glutes work, balance exercises, hamstring curls and stationary bike |
| PHASE III 6 weeks - 4 months | Full | None | Full | Advance closed chain quads, progress balance, core/pelvic and stability work Begin elliptical, in-line jogging at 12 weeks under PT supervision |
| PHASE IV 4-6 months | Full | None | Full | Progress flexibility/strengthening, progression of function: forward/backward running, cutting, grapevine, initiate plyometric program and sport-specific drills @ 16 wks Return to play as tolerated after 16 weeks post-op when cleared by MD |

*Brace may be changed to patellar-stabilizing brace (Hely-Weber, Shields, or equivalent) after first post-operative visit

**Brace may be removed for sleeping after first post-operative visit (day 7-10)