



Medial Patellofemoral Ligament (MPFL) Reconstruction
Post-Op Rehabilitation
Andrea Saterbak, MD

Post-Op

- WBAT in knee brace, locked in extension, with crutches

1-5 weeks post-op:

- Continue brace as above, with crutches
- AROM as tolerated up to 100 degrees
- PF mobs (**avoid lateral glides**)
- Strengthening exercises (protect repair)
 - Quad sets/SLR (in brace)/E-stim quad ok
 - Hamstring and gastroc
 - Hip
 - Core

6 weeks post-op:

- Continue above
- Wean out of brace when there is good quad control
- Progress AROM as tolerated without restriction
- Advance quadriceps, hamstrings and gastroc strengthening
- May add bike when ROM allows

4 months post-op:

- Begin jogging
- Sport specific exercises

6 months post-op:

- Return to sport (MD approval) if:
 - FROM
 - No pain, effusion
 - 90% strength and function opposite side