**MPFL ALLOGRAFT RECONSTRUCTION**

**REHABILITATION PROTOCOL**

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|  | **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)