

**Protocol
Medial Patella Femoral Ligament Reconstruction (MPFL)
Dr. Souster**

#of weeks post op	Precautions	Exercise type
0-1	-Use of locked brace at 0°	- Home health PT with an emphasis on knee flexion and extension ROM - Quad sets, ham sets and SLR with brace on - Discontinue use of crutches at one week
2-4	- Use of locked brace at 0° - Should have 90° of knee flexion at this point - 0° of knee extension ROM - No active open chain quad activation	- Progression of knee flexion ROM by 10-15° per week - LE strength and endurance exercises for quads, hamstrings, gastroc/soleous and gluteals
4-6	- Use of brace but unlocked to allow for full knee flexion ROM - Should have approximately 130° of knee flexion by this point	- Progression of knee flexion ROM by 10-15° per week - LE strength and endurance exercises for quads, hamstrings, gastroc/soleous and gluteals
6-10	- discontinue use of brace after 6 weeks post surgical - Should have approximately 150° of knee flexion by this point (equal to opposing side)	- Progression of knee flexion ROM by 10-15° per week - LE strength and endurance exercises for quads, hamstrings, gastroc/soleous and gluteals
10-12		- LE strength and endurance exercises for quads, hamstrings, gastroc/soleous and gluteals - begin Isometric quads in open chain - Begin jogging activity between 10-12 weeks
12-20		- LE strength and endurance exercises for quads, hamstrings, gastroc/soleous and gluteals - begin open chain quads at 12 weeks - Begin progression of plyometric exercises at week 12 - Isokinetic strength testing and

		functional strength(hop test or Star excursion test) test at 20 weeks post surgical
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