

# Medial Patellofemoral Ligament Reconstruction Rehabilitation Protocol

	<b>Weight-bearing</b>	<b>Brace</b>	<b>Range of Motion</b>	<b>Exercises</b>
<b>Phase 1</b> 0-2 weeks	As tolerated in brace	On at all times during day and while sleeping  Off for hygiene and exercises	0-90°	Calf pumps, quadriceps tightening sets and SLR <b>in brace</b> , heel slides and patellar mobilization out of brace, modalities
<b>Phase 2</b> 2-6 weeks	As tolerated in brace	Unlocked 0-90° Off at night	Maintain full extension and progress flexion	Progress non-weight-bearing flexibility  Begin floor-based core, hip and gluteal strengthening
<b>Phase 3</b> 6 weeks – 4 months	Full	None	Full	Advance closed chain quadriceps strengthening, progress balance, core/pelvic and stability work  Begin elliptical, in-line jogging at 12 weeks under PT supervision
<b>Phase 4</b> 4-6 months	Full	None	Full	Maximize single leg dynamic and static balance  Glutes/ pelvic stability/core + closed-chain quad program and HEP independent  Begin training sport-specific drills as tolerated after 16 weeks once cleared by MD  Return to play as tolerated after 4-6 months when cleared by M.D.

Plan to change to Hely-Weber Brace or equivalent after first post-operative visit.  
SLR – Straight-leg raise; HEP: Home Exercise Program