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MPFL Rehab Protocol

Phase I (0–6 Weeks)

Weight Bearing and ROM

- **0–2 weeks:** PWB with crutches
- **2–6 weeks:** WBAT with crutches
- Brace:
  - Locked in extension; may remove for exercises
  - Progressively unlock to 90°
- ROM:
  - Passive flexion 0–90°
  - Maintain full extension
  - Advance toward full ROM by 6 weeks

Therapeutic Elements (Modalities as needed)

- Heel slides, quad and hamstring sets
- Patella mobilization
- Straight leg raises (SLR)
- Begin BFR if available
- Ice and modalities as needed

Phase II (6-12 Weeks)

Weight Bearing and ROM

- Full weight bearing; discontinue crutches at 6 weeks
- ROM: Full ROM
- Brace: Discontinue at 6 weeks

Therapeutic Elements

- Stationary bike
- Wall sits and lunges
- Continue SLR with weights
- Balancing exercises
- Closed-chain strengthening (Limit weight-bearing flexion to <90°)
- May add prone hangs for extension if needed

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MPFL Rehab Protocol

Phase III (12-16 Weeks)

Weight Bearing and ROM

- Full weight bearing
- ROM: Full ROM
- No brace

Therapeutic Elements

- Advance closed-chain strengthening
- Leg press, leg curls
- Begin straight-ahead jogging progression

Phase IV (4-6 months)

Weight Bearing and ROM

- Full weight bearing
- ROM: Full ROM
- No brace

Therapeutic Elements

- Plyometric and proprioceptive training
- Sport-specific drills
- Jump program (e.g., Sportsmetrics)
- Progression toward return to sport pending surgeon/therapist clearance