

Knee MPFL Reconstruction

Post-operative Rehabilitation Protocol

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Day 0 - 1 Week:

- Patients are discharged with crutches and allowed touchdown weight bearing with the brace locked in extension.
- They are instructed to perform quadriceps sets, straight-leg raises, and ankle pumps.

Week 1 - Week 2:

- After 1 week, patients are advanced to 25% weight bearing with the brace locked in extension.
- Knee range-of-motion, quadriceps strengthening, and flexion exercises are initiated.
- Formal physical therapy sessions are prescribed three times per week for the next 12 weeks.

Week 2 - Week 4:

- After 2 weeks, the sutures are removed and patients are allowed to bear full weight as tolerated with the brace locked in extension.
- No restriction is placed on range of motion.

Week 4 - Week 6:

- After 4 weeks, patients are expected to have at least 120 degrees of knee flexion.

Week 6 - Week 8:

- After 6 weeks, the brace is discontinued, and most patients will have regained full motion.

Week 8 - Week 12:

- By 2 months, patients may begin using the treadmill and elliptical machine.
- By 3 months, patients begin jogging and sport-specific drills as tolerated.
- Patients generally return to sports by 4 to 6 months.