



Medial Patello-Femoral Ligament Reconstruction (MPFL)

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PHASE IA: (0-2 Weeks)

Weight-Bearing:

Touch-down weight bearing (TDWB)

Brace:

Locked in extension (may remove for exercises)

ROM:

Passive flexion 0°-90°. Obtain full extension.

Therapeutic Elements:

Heel slides, quad and hamstring sets, patella mobilizations, straight leg raises, prone hangs.

Ice 3x/day x 20 minutes (do not place directly on exposed skin).

Modalities as needed.

PHASE IB: (2-6 Weeks)

Weight-Bearing:

WBAT with crutches

Brace:

Progressively open brace to 90°

ROM:

Advance ROM to full as tolerated

Therapeutic Elements:

Limit WB exercise to flexion angles less than 90°

PHASE II: (6-12 Weeks)

Weight-Bearing:

Discontinue crutches. Full weight bearing.

Brace:

Discontinue brace at 6 weeks

ROM:

Full ROM

Therapeutic Elements:

Stationary bike. Wall sits and lunges. Balancing exercises.

PHASE III: (12-16 Weeks)

Weight-Bearing:



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FWB

ROM:

Full ROM

Therapeutic Elements:

Advance closed chain strengthening, leg press, leg curls.

Plyometric and proprioceptive training