

# Rehabilitation Protocol: Medial Patellofemoral Ligament (MPFL) Reconstruction with Allograft



Hospital for Joint Diseases  
NYU LANGONE MEDICAL CENTER

**Craig M. Capeci, MD**  
Orthopaedic Surgery & Sports Medicine  
Clinical Assistant Professor

\_\_1095 Park Ave, NY 212-427-7750  
\_\_1056 5<sup>th</sup> Ave, NY 212-348-3636  
\_\_263 7<sup>th</sup> Ave, Bklyn 718-246-8700

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

**Phase I (Weeks 0-2) – Goals:** Control pain/swelling, initiate quadriceps control, independent ambulation

- **Weightbearing:** As tolerated with crutches
- **Hinged Knee Brace:**
  - Locked in full extension for ambulation and sleeping
- **Range of Motion** – Unlock brace for gentle PROM/AAROM 0-30 degrees, passive extension only
- **Therapeutic Exercises**
  - Quadriceps setting isometrics
  - Hip adduction
  - Electrical muscle stimulation to Quads
  - Hamstring/calf stretches
  - Cryotherapy, elevation, ankle pumps

**Phase II (Weeks 2-6) – Goals:** Control swelling and pain, gradual ROM improvement, VMO strengthening

- **Weightbearing:** As tolerated -- discontinue crutch use by 4 weeks
- **Hinged Knee Brace:** Unlocked to 60 degrees, D/C Week 4 & consider PF brace for ambulation & sleeping
- **Range of Motion** – PROM/AAROM flexion to 60 degrees (by Week 2), 90 degrees (by Week 4)
- **Therapeutic Exercises**
  - Quadriceps setting isometrics, electrical muscle stimulation to Quads
  - Hip adduction/abduction/extension
  - Gentle isometric knee extension (multi-angle)
  - Continue hamstring/calf stretches
  - Light leg press, vertical squats (no weight) – **Beginning Week 4**

**Phase III (Weeks 6-12) – Goals:** Eliminate joint swelling, improve muscular strength

- **Range of Motion** – Full/Painless ROM, patella mobilization medial, superior & inferior
- **Therapeutic Exercises**
  - Hip adduction/abduction/extension/flexion
  - Quadriceps setting isometrics, electrical muscle stimulation to Quads (if needed)
  - Lateral step-ups (if able)
  - Front step-ups (if able)
  - Wall squats (0-60 degrees) , Pool program (walking, strengthening) – **if pain free**
  - Flexibility: Continue all stretching exercises for LE

**Phase IV (Months 4-6) – Goals:** Functional return to specific drills

- Criteria to advance to this phase: Full painless ROM, strength 80% of contralateral limb
- **Therapeutic Exercises**
  - Functional drills
  - Strengthening/flexibility exercises
  - Gradual return to functional activities

Comments:

Frequency: \_\_\_\_\_ times per week

Duration: \_\_\_\_\_ weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_