

MPFL Reconstruction

Phase I-- Weeks 0 to 4-6

0-90 for about 4-6 week. Then wide open. For the first 4-6 weeks, heel slides, quad sets, straight leg raise, isometrics. Brace on and locked when up and weight bearing

Phase II-- at about 4-6 weeks

At about 4-6 weeks depending on quad control they can have TROM shortened and opened for weight bearing. No ROM restrictions. More strengthening

Phase III- 2 months

Lateral J brace at 2 months. Aggressive closed chain quad strengthening 0-90

Phase IV-- 3 ½ months to 4 months

Return to sport if quad equal to that of normal side