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ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

POST-OPERATIVE REHABILITATION PROTOCOL

MPFL Reconstruction

0–2 Weeks EARLY PROTECTION

- WBAT, Brace locked at 0° for ambulation and sleeping
- **ROM:** 0–30° with emphasis on full extension; SLR supine with brace locked at 0°, Quad Sets; ankle pumps
- If cartilage repair is done patient will be Heel Touch Weight bearing for 6 weeks.

GOALS Full extension

2–4 Weeks MOTION & GAIT

- WBAT, Brace locked at 0° for ambulation and sleeping
- **ROM:** 0–60° (Maintain full extension); proprioception training; SLR, quad sets, ankle pumps

GOALS Normalize gait

4–6 Weeks FULL MOTION

- WBAT, Brace locked at 0° for ambulation and sleeping
- **ROM:** 0–90° (Maintain full extension)

GOALS Full ROM

6–14 Weeks BUILD STRENGTH

- D/C Brace and wean from crutches; progressive squat program; initiate step-down program; leg press, lunges
- Isotonic Knee Extensions (90–40°, closed chain preferred); agility exercises (sport cord); versaclimber/Nordic track
- Retrograde treadmill ambulation

GOALS Single-leg control

14–22 Weeks RUNNING & AGILITY

- Begin forward running (treadmill) program when 8" step down satisfactory; continue strengthening & flexibility program
- Advance Sports-Specific Agility Drills; start plyometric program

GOALS No apprehension

22+ Weeks RETURN TO SPORT

- Advance Plyometric program, Return to Sport (MD Directed)

GOALS Back on the field

Return to Sport & Discharge Criteria

- No patellar apprehension; full pain-free ROM
- Quad and hip strength $\geq 90\%$; hop symmetry $\geq 90\%$; sound jump/landing control
- Return to sport when cleared by Dr. Kelly

Time frames are guidelines — progress when phase goals are met, per Dr. Kelly and the treating therapist.

