



Medial Patellofemoral Ligament (MPFL) Reconstruction Protocol

Andrea Saterbak, MD

First week:

- WBAT in knee brace (locked in extension) with crutches

1-5 weeks:

- Continue brace as above, with crutches
- AROM as tolerated up to 100°
- Patellofemoral mobilizations (avoid lateral glides)
- Strengthening exercises (protect repair)
 - Quadriceps sets, straight leg raise (in brace), electronic stimulation of quadriceps
 - Hamstring and gastrocnemius
 - Hip and core

6 weeks:

- Continue above
- Wean out of brace when there is good quad control
- Progress AROM as tolerated without restrictions
- Advance quadriceps, hamstrings, and gastrocnemius strengthening
- May add bike when ROM allows

4 months:

- Begin jogging
- Sport specific exercises

6 months:

- Return to sports (MD approval) if:
 - Full ROM
 - No pain or effusion
 - 90% strength and function of opposite side

If you have any questions or concerns, please contact Dr. Saterbak's office at 651-351-2618 or SaterbakAcareteam@tcomn.com