



Medial Patellofemoral Ligament
(MPFL) Repair/Reconstruction

Ryan W. Hess, MD

Dr. Hess Care Coordinator Phone: 763-302-2223

Fax: 763-302-2401

- Phase I – Immediate Post Surgical Phase (Week 0-2)
 - Goals
 - Maintain integrity of repair (No lateral patellar mobilization for 6 weeks)
 - Gradually increase PROM
 - Decrease pain and inflammation
 - Prevent muscular inhibition
 - Cryotherapy for pain/inflammation
 - Ice 15-20 minutes every hour
 - Sleeping
 - Sleep in brace/knee immobilizer
 - Weight Bearing
 - As tolerated in knee immobilizer with crutches
 - ROM 0-60 degrees with therapy
 - Muscle Retraining
 - Quadriceps isometrics, SLR
 - No lateral patellar mobilization for 6 weeks

- Phase II – Protection Phase (Week 2-6)
 - Goals
 - Allow healing of soft tissue
 - Do not overstress healing tissue
 - Gradually increase ROM
 - Progression based on swelling/inflammation
 - Decrease pain and inflammation

 - Week 2-4
 - Continue use of ice as needed
 - Progress ROM to 0-90 degrees in therapy
 - Transition from immobilizer to lateral patellar stabilization brace after 2 weeks (Dr. Hess discretion)
 - Weight bearing- discontinue crutches when appropriate

- Week 4-6
 - May use heat prior to exercises
 - Gradually increase ROM
 - Muscle retraining
 - Active knee extension 0-60, pain free arc
 - Stationary bicycle if pain permits (in brace)
 - Proprioception training

- Phase III – Intermediate Phase (Week 6-12)
 - Goals
 - Full ROM (Week 6-8)
 - Eliminate swelling
 - Functional exercise movements
 - May discontinue brace (Dr. Hess discretion)
 - Criteria to progress to Phase III
 - Minimal inflammation/pain
 - Near full ROM
 - Strong quadriceps contraction
 - Continue quadriceps strengthening
 - Continue above exercises
 - May begin wall squats
 - May begin pool program

- Phase IV –Strengthening Phase (Week 12-18)
 - Goals
 - Maintain full ROM
 - Improve limb strength and endurance
 - Gradual return to functional activities
 - Criteria to progress to Phase IV
 - Full, non-painful ROM
 - Absence of swelling/inflammation
 - Knee extension strength 70% of contralateral knee
 - Continue above exercises
 - Progress to functional drills as tolerated
 - Begin sport specific drills as appropriate

- Phase V –Return to Activity Phase (Week 18-24)
 - Goals
 - Gradual return to strenuous work activities
 - Gradual return to recreational sports activities
 - Criteria to progress to Phave V
 - Appropriate strength level/Clinical exam

