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Van S. Krueger, MD, MBA

Dual Fellowship-Trained Orthopedic Surgeon
 in Sports Medicine & Trauma

Shoulder, Elbow & Knee Specialist

MPFL Reconstruction/Repair Rehab Protocol

	Weight Bearing	Brace*	Range of Motion	Exercises
Phase I 0-2 weeks	As tolerated with brace	Immobilizer on during day and night Off for hygiene and exercises	0-90° as tolerated	Quad and hamstring sets, SLR in brace, calf pumps, modalities, heel slides, gastroc stretch
Phase II 2-8 weeks	As tolerated with brace	Patellar stabilizing brace. Wear during the day, including exercises 8 weeks: Discontinue patellar stabilizing brace	Advance as tolerated-maintain full extension	Progress weight bearing flexibility, begin toe raises and closed chain quad Begin floor-based core, hip, and glutes, balance work, and hamstring curls Begin stationary bike as tolerated in brace
Phase III 8-16 weeks	Full	None	Full	Advance closed chain quads, progress balance, core, glutes and pelvic stability Begin elliptical, in-line jogging at 12 weeks in PT
Phase IV 4-6 months	Full	None	Full	Progress flexibility and strengthening, progress of functional balance, forward/backward running, cutting, grapevine, initiate plyometric program and sport-specific drills Return to play after 16 weeks as tolerated and when cleared by MD

*Brace changed to a patellar stabilizing brace at first postop appointment