MPFL RECONSTRUCTION WITH HAMSTRING ALLOGRAFT
or MPFL REPAIR/IMBRICATION
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	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	Begin wearing patellar stabilizing brace after first postop visit. Wear during the day, including exercises Discontinue patellar stabilizing brace at 8 weeks	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 may be removed at night after first post-operative visit (day 7-14) if directed

**Brace changed to a patellar stabilizing brace (Hely-Weber, Shields, or equivalent) after first postop visit

BRIAN J. COLE, MD, MBA
MIDWEST ORTHOPAEDICS AT RUSH
BrianColeMD.com

© 2003-2026 Dr. Brian J Cole, MD,MBA. All rights reserved.