



MPFL Reconstruction Rehab Protocol

X = Perform exercise

Week

		1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Range of Motion	Initial Exercises															
	Flexion/Extension - wall slides	X	X	X	X	X	X	X	X							
	Flexion/Extension – seated	X	X	X	X	X	X	X	X							
	Patella/Tendon mobilization	X	X	X	X	X	X	X	X							
	Extension mobilization	X	X	X	X	X	X	X	X							
	Quad series	X	X	X	X	X	X	X	X							
	Hamstring sets							X	X	X						
	Sit and reach for hamstrings - gentle	X	X	X	X	X	X	X	X	X						
	Ankle pumps	X	X	X	X	X	X	X	X	X						
	Toe and heel raises							X	X	X						
	Balance series								X	X	X	X	X	X	X	
	Brace Settings (while not in PT)	Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike/Rowing with well leg		X	X	X	X	X	X	X	X							
Bike with both legs – no resistance								X	X	X	X					
Bike with both legs - resistance										X	X	X	X	X	X	
Aquajogging										X	X	X	X	X	X	
Treadmill – walking 7% incline										X	X	X	X	X	X	
Swimming with fins										X	X	X	X	X	X	
Elliptical trainer												X	X	X	X	
Rowing												X	X	X	X	
Stair stepper													X	X	X	
Weight Bearing Status		Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24
		Double knee bends							X	X	X	X	X	X	X	
	Double leg bridges									X	X	X				
	Reverse lunge – static hold							X	X	X	X	X				
	Beginning cord exercises									X	X	X				
	Balance squats										X	X	X	X	X	
	Single leg deadlift										X	X	X	X	X	
	Leg press										X	X	X	X	X	
	Sports Test exercises											X	X	X	X	
	TIME LINES	Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
		Running progression												X	X	X
		Initial – single plane												X	X	X
Advance – multi directional														X	X	
Functional sports test														X	X	
High Level Activities		1	2	3	4	5	6	7	8	9	10	12	16	24	28	
Golf															X	X
Outdoor biking, hiking															X	X
Skiing, basketball, tennis, football,																X

Week 1(Day 1-7)
 Week 2(Day 8-14)
 Week 3(Day 15-21)
 Week 4(Day 22-28)

