

Medial Patellofemoral Ligament Reconstruction Rehabilitation Protocol

	Weight-bearing	Brace	Range of Motion	Exercises
Phase 1 0-2 weeks	As tolerated in brace	On at all times during day and while sleeping Off for hygiene and exercises	As tolerated, goal 0-90° @ first post-op visit	Calf pumps, quadriceps tightening sets and SLR in brace , heel slides and patellar mobilization out of brace, modalities
Phase 2 2-6 weeks	As tolerated in brace	Unlocked 0-90° Off at night	Maintain full extension and progress flexion	Progress non-weight-bearing flexibility Begin floor-based core, hip and gluteal strengthening
Phase 3 6 weeks – 4 months	Full	None	Full	Advance closed chain quadriceps strengthening, progress balance, core/pelvic and stability work Begin elliptical, in-line jogging at 12 weeks under PT supervision
Phase 4 4-6 months	Full	None	Full	Maximize single leg dynamic and static balance Glutes/ pelvic stability/core + closed-chain quad program and HEP independent Begin training sport-specific drills as tolerated after 16 weeks once cleared by MD Return to play as tolerated after 4-6 months when cleared by M.D.

SLR – Straight-leg raise; HEP: Home Exercise Program