

MPFL Protocol

PHASE 1 - ACUTE (0-6 Weeks)

PHASE GOALS: PROTECT REPAIR, RESTORE AMBULATION & ADL STATUS

RANGE OF MOTION

0-1 WEEKS - ALLOW FLEXION: 0-90 DEG

1-2 WEEKS - PROGRESS FLEXION TO 120 DEG

2-4 WEEKS - PROGRESS TO AS TOLERATED TO FULL

STATIONARY BIKING - INITIATE AT 110 DEG FLEXION

WEIGHT BEARING

0+ WEEKS - WEIGHT BEARING AS TOLERATED

BRACE & CRUTCH USE

0-1 WEEKS - BRACE LOCKED IN FULL EXTENSION

1-2+ WEEKS - OPEN TO FULL *WITH GOOD QUAD CONTROL

STRENGTHENING

QUAD SETS, STRAIGHT LEG RAISES & HIP ABDUCTION, CORE EXERCISES (PLANKS, V-UPS, SINGLE-LEG BRIDGING)

CRITERIA FOR FULL AMBULATION

- **AT LEAST 2 WEEKS POST-SURGERY**
- **≥ 0 DEG KNEE EXTENSION & 90 DEG KNEE FLEXION**

- **≥ 30 STRAIGHT LEG RAISES WITHOUT LAG**
- **SYMMETRICAL GAIT WITHOUT A LIMP**

MPFL Protocol

PHASE 2 - STRENGTH (6-12 Weeks)

PHASE GOALS: IMPROVE STRENGTH & INITIATE JOGGING PROGRAM

RANGE OF MOTION

6+ WEEKS - SYMMETRICAL & PAIN-FREE WITH OVERPRESSURE

STRENGTHENING

LEG PRESS, STEP-UPS, & ROMANIAN DEADLIFTS (RDLs),

SQUAT PROGRESSION (BODYWEIGHT SQUATS -> SINGLE LEG SQUATS)

RESISTED HIP ABDUCTION LATERAL BAND WALKS

CORE EXERCISES (PLANKS, V-UPS, SINGLE-LEG BRIDGING)

DOUBLE LEG HOPPING AFTER JOGGING PROGRESSION

CONDITIONING

**BIKING (MUST BE BEYOND 110 DEG KNEE FLEXION), ELLIPTICAL,
ROWING MACHINE, SWIMMING, JUMPROPE, JOGGING**

CRITERIA FOR JOGGING

- **PAIN LESS THAN 3 / 10 (WORST)**
- **WITHIN 2 DEG NORMAL KNEE EXTENSION & 120 DEG KNEE FLEXION**
- **QUADRICEPS & HAMSTRING STRENGTH \geq 60% NORMAL**

- **LESS THAN 4 CM DEFICIT ON SINGLE-LEG SQUAT (ANTERIOR REACH)**
- **AT LEAST 1 MINUTE OF SINGLE LEG SQUATS**
- **MD OR PT APPROVAL**