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MEDIAL PATELLOFEMORAL LIGAMENT RECONSTRUCTION/REPAIR (MPFL) PROTOCOL

Weeks 0-4

- **ROM:** 0° to 90°
- **Weight-bearing:** Brace locked at 0° for ambulation x4 weeks. TTWB weeks 0-2, PWB weeks 2-4.
- **Modalities:** Cryotherapy at least 4x/day, IFC for pain/effusion, and NMES for Quadriceps activation.
- **TherEx:** Hamstring stretches, gastrocsoleus stretches, and ITB/HIP stretches. Knee extension stretches, 4 way hip SLR, hamstring isometrics/isotonic per ROM, QS (with NMES) avoiding PF pain, calf strengthening, and core stability routine as indicated.

Weeks 4-6

- **ROM:** 0° to 120°
- **Weight-bearing:** WBAT with appropriate assistive device, Unlock brace for weight bearing depending on Quad control and/or SLR extensor lag.
- **Modalities:** Cryotherapy daily, IFC for pain/effusion, and NMES for Quadriceps activation.
- **TherEx:** Continue all stretching, Medial Patellar mobs, Scar tissue massage, Cycle per ROM, Hip strengthening machine, CKC-partial squats, step-ups, and calf raises as WB allows; balance/proprioception per WB, Hamstring curls, Cardio, core stability and Upper body exercises as tolerated.

Weeks 6-12

- **ROM:** Full
- **Modalities:** Cryotherapy daily for residual swelling, NMES for Quadriceps
- **TherEx:** Flexibility routine, Cycle, Elliptical trainer, Stairmaster if no PF pain or chondrosis, Hip machine, OKC Quad strengthening 0° to 45°, Total LE strengthening, CKC-add partial lunges, lateral step-ups, and leg press; balance/proprioception, Cardio conditioning, and core stability routine.

Weeks 12-16

- Continue all strengthening/stretching routine. Add sportsmetrics/plyometrics and sport specific activities if strength is appropriate.

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