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## **Post-Op Rehabilitation Guidelines for MPFL Reconstruction**

- 0-2 Weeks: WBAT, Brace locked at 0 degrees for ambulation and sleeping  
ROM: 0-30° with emphasis on full extension  
SLR supine with brace locked at 0 degrees, Quad Sets  
Ankle Pumps
- 2-4 Weeks: WBAT, Brace locked at 30 degrees for ambulation and sleeping  
ROM: 0-60 degrees (Maintain full extension)  
Proprioception training  
SLR, quad sets, ankle pumps
- 4-6 Weeks: WBAT, Brace locked at 60 degrees for ambulation and sleeping  
ROM: 0-90 degrees (Maintain full extension)
- 6-14 Weeks: D/C Brace and wean from crutches  
Progressive Squat program  
Initiate Step Down program  
Leg Press, Lunges  
Isotonic Knee Extensions (90-40 degrees, closed chain preferred)  
Agility exercises (sport cord)  
Versaclimber/Nordic Track  
Retrograde treadmill ambulation
- 14-22 weeks: Begin forward running (treadmill) program when 8" step down satisfactory  
Continue Strengthening & Flexibility program  
Advance Sports-Specific Agility Drills  
Start Plyometric program
- > 22 weeks: Advance Plyometric program, Return to Sport (MD Directed)