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**Medial Patello-Femoral Ligament Reconstruction (MPFL)**

|                                       | <b>Weight Bearing</b>                           | <b>Brace</b>                                    | <b>Range of Motion</b>                                 | <b>Therapeutic Elements</b>                                                                                                                                                                               |
|---------------------------------------|-------------------------------------------------|-------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>PHASE I</b><br><b>0 – 2 weeks</b>  | Touch-down weight bearing (TDWB) with crutches. | Locked in extension (may remove for exercises). | Passive flexion 0 – 90 degrees. Obtain full extension. | Heel slides,<br>Quad and hamstring sets,<br>Patella mobilizations,<br>Straight leg raises,<br>Prone hangs.<br>ICE 3x/day x 20 minutes<br>(Do not place directly on exposed skin)<br>Modalities as needed. |
| <b>PHASE II</b><br><b>2 – 6 weeks</b> | As tolerated (WBAT) with crutches.              | Progressively open brace to 90 degs.            | Advance ROM to full as tolerated.                      | Limit WB exercise to flexion angles less than 90 degs.                                                                                                                                                    |
| <b>PHASE III</b><br><b>6-12 weeks</b> | Discontinue crutches.<br>Full weight bearing.   | Discontinue brace at 6wks.                      | Full ROM                                               | Stationary bike.<br>Wall sits and lunges.<br>Balancing exercises.                                                                                                                                         |
| <b>PHASE IV</b><br><b>12-16 weeks</b> | Full weight bearing.                            |                                                 | Full ROM                                               | Advance closed chain strengthening, leg press, leg curls. Plyometric and proprioceptive training                                                                                                          |