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### MPFL Reconstruction/Repair Rehab Protocol

	Weight Bearing	Brace*	Range of Motion	Exercises
<b>Phase I</b> 0-2 weeks	As tolerated with brace	Immobilizer on during day and night Off for hygiene and exercises	0-90° as tolerated	Quad and hamstring sets, SLR in brace, calf pumps, modalities, heel slides, gastroc stretch
<b>Phase II</b> 2-8 weeks	As tolerated with brace	Patellar stabilizing brace. Wear during the day, including exercises  <b>8 weeks:</b> Discontinue patellar stabilizing brace	Advance as tolerated-maintain full extension	Progress weight bearing flexibility, begin toe raises and closed chain quad  Begin floor-based core, hip, and glutes, balance work, and hamstring curls  Begin stationary bike as tolerated in brace
<b>Phase III</b> 8-16 weeks	Full	None	Full	Advance closed chain quads, progress balance, core, glutes and pelvic stability  Begin elliptical, in-line jogging at 12 weeks in PT
<b>Phase IV</b> 4-6 months	Full	None	Full	Progress flexibility and strengthening, progress of functional balance, forward/backward running, cutting, grapevine, initiate plyometric program and sport-specific drills  Return to play after 16 weeks as tolerated and when cleared by MD

\*Brace changed to a patellar stabilizing brace at first postop appointment