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## Post-Operative 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)