



## LPFL Reconstruction Rehabilitation Protocol

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**Diagnosis:** Medial patella Instability

**PT Frequency:** 2-4 times per week

**Brace:** Locked in extension x 2 weeks, then progress per below

**Weightbearing:** WBAT

**PHASE I (Weeks 0 – 2):** Period of protection, decrease edema, home exercises

- **Weightbearing:** Weight bear as tolerated with crutches and brace
- **Hinged Knee Brace:**
  - Worn at all times during day/night; ok to remove for hygiene
  - Brace locked at 0 degrees for ambulation and sleeping
- **Range of Motion:** 0-30° with emphasis on full extension
- **Home Exercises:** Heel slides, quad sets with brace locked at 0°, patellar mobilization, straight leg raise in brace locked at 0°, calf/ankle pumps

**Phase II (Weeks 2 – 4)**

- **Weightbearing:** Weight bear as tolerated with crutches and brace
- **Hinged Knee Brace:** Brace locked at 30° for sleeping and ambulation
- **Range of Motion:** 0-60°, maintain full extension
- **Therapeutic Exercises:**
  - Advance Phase I exercises
  - SLR, quad sets, ankle pumps
  - Proprioception training

**Phase III (Weeks 4 – 6)**

- **Weightbearing:** Weight bear as tolerated with crutches and brace
- **Hinged Knee Brace:** Brace locked at 60° for sleeping and ambulation
- **Range of Motion:** 0-90°, maintain full extension
- **Therapeutic Exercises:** progress weight bearing flexibility, begin toe raises, closed chain quad/hamstring work, floor-based core/glute work, balance exercises, and stationary bike

**Phase IV (Weeks 6 - 16)**

- **Weightbearing:** Weight bear as tolerated
- **Brace:** Discontinue brace once good quad control
- **Range of Motion:** Full range of motion
- **Therapeutic Exercises:** advance phase III exercises **PLUS** initiate elliptical, progressive squat program, initiate step down program, leg press, lunges, isotonic knee extensions (90-40 degrees, closed chain preferred), agility exercises, retrograde treadmill ambulation, in-line jogging (12 weeks) under PT supervision



### Phase V (Weeks 16+)

- **Weightbearing:** Full weightbearing without brace
- **Brace:** No brace
- **Range of Motion:** Full range of motion
- **Therapeutic Exercises:** advance phase IV exercises, advance plyometric program, flexibility/strengthening and progression of function
  - Forward/backward running, cutting, grapevine
  - Initiate plyometric program and sport-specific drills at 4 months
  - Return to play as tolerated after 4 months post-op when cleared by MD