



MPFL Reconstruction/Arthroscopic Medial Reefing

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Week 1

Brace locked, full extension
Full-weight bearing

Weeks 2-4

Unlock brace and begin range of motion (ROM)
Continue brace for 3-4 Weeks, until good quad control is achieved
No flexion *greater than* 90 degrees for 4 weeks
Full-weight bearing, straight leg raises, gentle closed chain strengthening

Week 5

Discontinue brace
Full Flexion
Progress to full strength

Week 6

Start full course of closed chain and eccentric closed chain quad strength



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