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**Post-Op Rehabilitation Guidelines for MPFL Reconstruction with Meniscus Repair**

**0-2 Weeks:**

- TTWB, Brace locked at 0 degrees for ambulation and sleeping
- ROM: 0-45° with emphasis on full extension
- SLR supine with brace locked at 0 degrees, Quad Sets
- Ankle Pumps

**2-4 Weeks:**

- WBAT, Brace locked at 0 degrees for ambulation and sleeping
- ROM: 0-90 degrees (Maintain full extension)
- Proprioception training
- SLR, quad sets, ankle pumps

**4-6 Weeks:**

- WBAT
- Brace locked at 0 degrees for ambulation and sleeping
- ROM: 0- full motion 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)

