

**Bonnie P. Gregory, MD**  
**MPFL ALLOGRAFT RECONSTRUCTION**  
**REHABILITATION PROTOCOL**

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<i>PHASE I</i> <i>0-2 weeks</i>	As tolerated with brace	On at all times during day and while sleeping Off for hygiene	0-90°	Heel slides, quad and hamstring sets, patellar mobs, gastroc stretch, SLR in brace, modalities
<i>PHASE II</i> <i>2-6 weeks</i>	As tolerated with brace	Discontinue at 6 weeks if able to obtain full extension w/o lag*	Maintain full extension and progress flexion	Progress weight bearing flexibility, begin toe raises and closed chain quad work Begin floor-based core and glutes work, balance exercises, hamstring curls and stationary bike
<i>PHASE III</i> <i>6 weeks - 4 months</i>	Full	None	Full	Advance closed chain quads, progress balance, core/pelvic and stability work Begin elliptical, in-line jogging at 12 weeks under PT supervision
<i>PHASE IV</i> <i>4-6 months</i>	Full	None	Full	Progress flexibility/strengthening, progression of function: forward/backward running, cutting, grapevine, initiate plyometric program and sport-specific drills @ 16 weeks Return to play as tolerated after 16 weeks post-op when cleared by MD

For any questions or concerns regarding the protocol or rehabilitation process please contact:

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