



**Medial Patellofemoral Reconstruction and Repair Protocols**

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If you have any questions about this protocol or about the patient, do not hesitate to email Dr. Metzler at:  
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	<b>Weight Bearing and ROM</b>	<b>Brace use</b>	<b>Therapeutic Elements</b>
<b>Phase 1: 0-4 weeks</b>	WBAT with crutches  ROM: 0-90 degrees for weeks 0-4	<b>0-2 weeks:</b> locked in full extension for ambulation and sleep  <b>2-4 weeks:</b> locked in extension for ambulation, 0-90 during sleep  OK to remove the brace for sleep.	Modalities as needed, quad sets, hip adduction, quad e-stim, patellar mobilization (NO LATERAL GLIDES), nwb gastroc/soleus stretch, SLR in brace locked in full extension
<b>4-6 weeks</b>	WBAT w/o crutches  ROM: Full	Continue brace at all times, unlocked for ambulation/sleep  SHORTEN AND UNLOCK BRACE and ok to remove for sleep	Quad sets, wb gastroc/soleus stretch, patellar mobilization (NO LATERAL GLIDES), stationary bike, proprioceptive training, SLR with brace locked in full extension until patella has no lag with SLR
<b>6-8 weeks</b>	WBAT	Unlocked for ambulation/sleep. Transition to lateral stabilizer	Closed chain strengthening, stationary bike/elliptical, proprioceptive training
<b>Phase 2: 8-24 weeks</b>	Full	Economy/trainer brace - With Activities	Advanced closed chain strengthening, proprioceptive training, running straight ahead at 12 weeks
<b>4-6 months</b>	Full	Economy/trainer brace - With Activities	Functional drills (athletes), continue strengthening/stretching (should be at 80% of isokinetic strengths)