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Rehabilitation Protocol:  
MPFL Reconstruction with Hamstring Autograft  
with/without Tibial Tubercle Transfer (TTT)

	<b>Weight Bearing and ROM</b>	<b>Brace use</b>	<b>Therapeutic Elements</b>
<b>Phase 1: 0-4 weeks</b>	WBAT with crutches  TDWB with crutches ( TTT)  ROM: <b>0 week:</b> 0-30 <b>1 week:</b> 0-60 <b>2 weeks:</b> 0-90 <b>3-4 weeks:</b> 0-120	<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	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  TDWB (TTT) with crutches progress to full  ROM: Full	Continue brace at all times, unlocked for ambulation/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	None	Advanced closed chain strengthening, proprioceptive training, running straight ahead at 12 weeks
<b>4-6 months</b>	Full	None	Functional drills (athletes), continue strengthening/ stretching (should be at 80% of isokinetic strengths)