

Dr. Curtis Noel's Protocol for:

MPFL REPAIR



Phase I: (Passive)	10 days to 2 weeks postop	<ul style="list-style-type: none">• Brace 0-30 degrees• ROM 0-30 degrees• Emphasize Superior and Inferior Patellar Mobs (No Lateral Mobs)• Emphasize Quad Sets and Hamstring Sets• SLR and S/L Adduction
Phase II: (Active/Assistive)	Week 3-5	<ul style="list-style-type: none">• Brace 0-70 degrees• ROM 0-70 degrees• Continue Superior and Inferior Mobs• Quad Sets and Hamstring Sets• SLR and S/L Adduction• Single Leg Balance with Brace• Calf Raises• Core Strengthening
Phase III: (Resisted)	Week 6	<ul style="list-style-type: none">• Brace Open• Progress to Full ROM• Continue Patellar Mobs• Continue Quad Sets and Hamstring Sets• Continue SLR and S/L Adduction• Stationary Bike when ROM >115 degrees• Mini Squats• Continue Core Strengthening• Initial Sport Cord Strengthening when Full ROM achieved and when able.

***4-6 months: Return to Sports