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## **Medial Patellofemoral Ligament Reconstruction Protocol**

- Hinged knee brace from full extension to 30 degrees of flexion for first 2 weeks
- Increase 30 degrees every 2 weeks to achieve 90 degrees by week 6
- D/C brace by 6 weeks
  
- TDWB with crutches for 4-6 weeks then advance to full
  
- Isometric quadriceps and SLR are started immediately
  
- Return to sporting activities at 3 to 6 months