

Noyes Knee Institute Postoperative Rehabilitation Protocol for Proximal-Distal Extensor
Realignment and MPFL Reconstruction

	1-4 Wk	5-8 Wk	9-12 Wk	4-6 Mo	7-12 Mo
Brace Soft postoperative motion Patellar (optional, symptoms)	X	X	X	X	X
ROM minimum goals 0-90° (wk 1-2) 0-110° (wk 3-4) 0-135°	X X	X			
Weight-bearing 50% body weight (wk 1-2) 100% body weight (wk 3-4)	X X				
Patella mobilization	X	X			
Modalities Electrical muscle stimulation Biofeedback Pain/edema management (cryotherapy)	X X X	X X X			
Stretching: Hamstring, gastrocnemius-soleus, iliotibial band, quadriceps	X	X	X	X	X
Strengthening Quadriceps isometrics, straight leg raises, Active knee extension Closed-chain: gait retraining, toe raises, wall sits, mini-squats Knee flexion hamstring curls (90°) Knee extension quadriceps (90-30°) Hip abduction-adduction, multi-hip Leg press (70-10°)	X X X X X	X X X X X X X	X X X X X	X X X X X	X X X X X
Balance/proprioceptive training Weight-shifting, mini-trampoline, balance board, Biomechanical Ankle Platform System, Biodex Balance System, plyometrics	X	X	X	X	X
Conditioning Upper body weight training, core training Upper body cycle Bike (stationary) Water walking Swimming (kicking) Walking Ski machine	X X	X X X X X	X X X X	X X X X X X	X X X X X X
Running: straight			X*	X	X
Cutting: lateral carioca, figure eights				X*	X
Plyometric training, full sports				X*	X

*Only for patients with normal articular cartilage in the patellofemoral joint.