

TIBIAL TUBERCLE OSTEOTOMY WITH MPFL RECONSTRUCTION REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> 0-2 weeks	Heel-touch only	Locked in full extension at all times* Off for hygiene and home exercise only	Gentle passive 0-45	Quad sets, patellar mobs, SLR, calf pumps at home *No Active Extension for 6 weeks*
<i>PHASE II</i> 2-8 weeks	2-4 weeks: Heel-touch only 4-8 weeks: Advance WB to full	2-4 weeks: Unlocked 0-45 4-6 weeks: Unlocked 0-90 Discontinue brace When patient reaches 90 degrees	Advance to full motion at 4 weeks when patient reaches 90 degrees (discontinue brace at 90)	2-6 weeks: Add side-lying hip and core, advance quad set and stretching 6-8 weeks: Addition of heel raises, total gym (closed chain), gait normalization, eccentric quads, eccentric hamstrings Advance core, glutes and pelvic stability
<i>PHASE III</i> 8-12 weeks	Full	None	Full	Progress closed chain activities Advance hamstring work, proprioception/balance exercises; hip/core/glutes Begin stationary bike at 10 wk
<i>PHASE IV</i> 12-24 weeks	Full	None	Full	Progress Phase III exercises and functional activities: walking lunges, planks, bridges, swiss ball, half-bosu exercises Advance core/glutes and balance
<i>PHASE V</i> 6-12 months	Full	None	Full	Advance all activity w/o impact such as running, jumping, pivoting, sports until cleared by MD