

TIBIAL TUBERCLE OSTEOTOMY WITH MPFL RECONSTRUCTION

	Weight Bearing	Brace	ROM	Exercises
PHASE I 0-2 weeks	Toe touch	On at all times during the day and sleep. Off for hygiene and when resting comfortably at home.	Locked in extension in brace, can go to 60° when at rest.	Calf pumps, SLR in brace, modalities, ice, effusion control.
PHASE II 2-6 weeks	Toe touch	Locked in extension when walking with progression of open 30° a week. Goal of 90° by 6 weeks. *Can take off at night for sleeping	Maintain full extension and progress flexion	Progress non-weight bearing flexibility. Begin floor-based core, hip, and glutes work. Advance quad sets, pat mobs, and SLR
PHASE III 6-8 weeks	Slowly advance to full weight bearing	None	Full	Advance closed chain quads, progress balance, core/pelvic and stability work. Begin stationary bike at 6 weeks. Advance SLR, floor-based exercise.
PHASE IV 8-16 weeks	Full	None	Full	Progress flexibility and strengthening, progression of functional balance, core, glutes program. Advance bike after 12 weeks. Add elliptical, swimming after 14 wks.
PHASE V 16-24 weeks	Full	None	Full	Maximize single leg dynamic and static balance. Glutes/pelvic stability/core + closed chain quad program and HEP independent. Begin training sport-specific drills as tolerated after 16 weeks once cleared by MD.