

Post-Operative Rehabilitation Guidelines for Tibial Tubercle Osteotomy + MPFL - Rehab Protocol

0-6 Weeks:

- Strict TDWB with crutches
- Brace Locked in extension
- May remove brace for ROM/hygiene (on for sleeping for the first 2 weeks)
- ROM 0 - 90 (Passive, Active Assist)
- Quad sets, ankle pumps
- 2 weeks: Begin floor-based core, hip and glutes work and patellar mobilization.

6-12 Weeks:

- Advance to PWB (25 and then 50%) weeks 6-8
- May advance WBAT after week 8
- Begin Stationary Bike
- Unlock brace, D/C crutches when quad function adequate.
- May wean from brace after 6 wks as tolerated.
- Full unlimited Active/Passive ROM. Advance as tolerated.
- Continue SLR, Quad sets. Advance to light open chain exercises, mini squats.
- Begin hamstring strength week 10.

12-16 Weeks

- Full gait with normalized pattern.
- Full ROM

- Begin elliptical, swimming and outdoor cycling.
- Progress to balance/Proprioception exercises.

16 Weeks:

- Advance closed chain exercises.
- Maximize single leg dynamic and static balance
- Glutes/ pelvic stability/core + closed-chain quad program and HEP independent
- Focus on single leg strength
- Begin light Plyometric program
- Emphasize single leg loading