



TIBIAL TUBERCLE OSTEOTOMY + MPFL PROCEDURE

Post-Operative Rehabilitation Protocol

0-6 weeks

- NWB with crutches for 6 weeks
- **Brace Restrictions:**
 - Week 0-2: Locked at 0°
 - Week 2-4: Locked at 0-30°
 - Week 4-6: Locked at 0-60°
- ROM: 0-30° for Weeks 0-2 (PROM, AAROM); increase by 30° every 2 weeks
- Quad sets, SLR with brace locked at 0°
- Heel slides, ankle pumps
- **Week 2:** Begin core, hip, and glute work on the floor, patellar mobilization, SLR; progress non-weight bearing flexibility and modalities
- Start WBAT progression, advancing to PWB (25%, then 50%) at 6 weeks
- Discontinue crutches once gait is normalized and non-antalgic
- Discontinue brace once full WBAT is achieved without crutches
- Full Active/Passive ROM
- Advance closed-chain quadriceps strengthening, balance training
- Core, pelvic stability exercises
- Begin stationary bike at 6 weeks
- Advance SLR and floor-based exercises for hip/core
- Full WBAT by 8 weeks
- Progress flexibility and strengthening exercises
- Continue progression of functional balance, core, and glute program
- **Week 12:** Start elliptical as tolerated, swimming allowed

6-8 weeks

- Continue progressing flexibility and strengthening

8-16 weeks

- Continue advancing functional balance and strength training

>16 weeks

- Progress to Phase IV activities
- Begin functional training, including impact activities after 20 weeks, when cleared by MD

Note: Progression through these phases should be based on individual recovery, with all exercises adjusted as necessary under the guidance of your surgeon and physical therapist. Regular follow-ups with the surgical team are crucial to ensure optimal recovery