



Tibial Tubercle Osteotomy + MPFL Reconstruction Protocol

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	Flat foot only	On at all times during day and while sleeping Off for hygiene and exercises	0-1 week: 0-45° 1-2 weeks: 0-90°	Calf pumps, quad sets SLR in brace, modalities
PHASE II 2-6 weeks	Flat foot only	Off at night (only if the patient has obtained full extension) Open 0-90°	Maintain full extension and progress flexion	Progress non-weight bearing flexibility Begin floor-based core, hip and glutes Advance quad sets, pat mobs, and SLR
PHASE III 6-8 weeks	Advance 25% weekly and progress to full with normalized gait pattern	Wean away when full quad control with ambulation	Full	Advance closed chain quads, progress balance, core/pelvic and stability work Begin stationary bike at 6 weeks Advance SLR, floor-based exercises, hip/core
PHASE IV 8-16 weeks	Full	None	Full	Progress flexibility and strengthening, progression of functional balance, core, glutes program Advance bike after 12 weeks Outdoor cycling, elliptical, swimming after 12 weeks
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