



Tibial Tubercle Osteotomy & Patella/Trochlea Cartilage Restoration

(+/-) MPFL Reconstruction Protocol: Dr. Nick Sexton

	WEIGHT BEARING STATUS	BRACE	ROM	EXERCISES
Phase I 0-2 weeks	Heel touch with brace locked in full extension	0-1wk: Brace Locked in FULL EXTENSION for sleeping and all activity. Off for hygiene and home exercise/CPM use. 1-6wks: Off while sleeping. ROM set at: 0-30°	Gentle PROM 0-30° Use CPM 6+ hours/day for 6 weeks 0-2 wks: 0-30°	Quad Sets, Calf pumps. Gentle Patellar mobs, modalities. NMES for quad activation. May do BFRT
Phase II 2-8 weeks	2-6wks: Heel Touch Only 6-8wks: Advance 25% weekly until full	2-6 weeks: ROM set at 0-30° >6 weeks: discontinue brace if no extensor lag	2-4wks: CPM 0-60° 4-6wks: CPM 0-90° Advance ROM while Heel Touch WB	2-6wks: Add side lying hip and core, advance quad set and stretching. Gentle Pat mobs. 6-8wks: Addition of heel raises, total gym (Closed Chain) gait normalization, eccentric quads and hamstrings Advance core, glutes and pelvic stability.
Phase III 8-12 weeks	Full WB	None	Full ROM	Progress closed chain activities. Advance hamstring work, proprioception/balance exercises; hip/core/glutes. Begin stationary bike at week 10.
Phase IV 12 wks-24 weeks	Full WB	None	Full ROM	Advance exercises and functional activities. Walking, lunges, planks, bridges, swiss ball, half bosu exercises. Advance core/glutes and balance.

Date Modified: 5/30/23

Phase V 6-12 months	Full WB	None	Full ROM	Advance all activity w/o impact such as running, jumping, pivoting, sports until cleared by Surgeon.
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