

De Novo Trochlea/Patella with Tibial Tubercle Osteotomy

PHASE I - 0 to 6 weeks:

- Heel touch weight bearing w/ brace
- BRACE:
 - o 0-1 week: locked in full extension at all times off for CPM and exercise only
 - o 1-4 weeks: unlocked and worn daytime only Discontinue when quads can control SLR w/o extension lag
- ROM:
 - o 0-6 weeks: use CPM for 6 hrs/day
 - o 0-2 Weeks: 0-30°
 - o 2-4 week: 0- 60°
 - o 4-6 weeks: 0- 90°
- EXERCISES:
 - o 0-2 weeks: quad sets, SLR, calf pumps, passive leg hangs to 45° at home
 - o 2-6 weeks: PROM/AAROM to tolerance, patella and tib/fib joint mobs, quad, hamstring and glute sets, SLR, side-lying hip and core

PHASE II - 6 to 8 weeks:

- Full weight bearing
- BRACE: None
- ROM: Full
- EXERCISES: Advance Phase I exercise

PHASE III - 8 to 12 weeks:

- Full weight bearing
- BRACE: None
- ROM: Full
- EXERCISES: Gait training, begin closed chain activities: wall sits, shuttle mini-squats, toe raises begin unilateral stance activities, balance training

PHASE IV - 12 weeks to 6 month:

- Full weight bearing
- BRACE: None
- ROM: Full
- EXERCISES: Advance Phase III exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings May advance to elliptical, bike, pool as tolerated

PHASE V - 6 to 12 months:

- Full weight bearing
- BRACE: None
- ROM: Full
- EXERCISES: Advance functional activity Return to sport-specific activity and impact when cleared by MD after 8 months