

**Tibial Tubercle Osteotomy + MPFL Reconstruction  
Rehabilitation Protocol**

	WEIGHTBEARING	BRACE	ROM	EXERCISES
<b>PHASE I</b> 0-2 weeks	Heel-touch only	On at all times during day and while sleeping*  Off for hygiene and exercises	0-90° at home	Calf pumps, quad sets  SLR in brace, modalities
<b>PHASE II</b> 2-6 weeks	Heel touch only	Off at night Open 0-90°	Maintain full extension and progress flexion	Progress non-weight bearing flexibility  Begin floor-based core, hip and glutes work  Advance quad sets, pat mobs, and SLR
<b>PHASE III</b> 6 weeks - 8 weeks	Advance 25% weekly and progress to full with normalized gait pattern	None	Full	Advance closed chain quads, progress balance, core/pelvic and stability work  Begin stationary bike at 6 weeks  Advance SLR, floor-based exercise
<b>PHASE IV</b> 8-16 weeks	Full	None	Full	Progress flexibility and strengthening, progression of functional balance, core, glutes program  Advance bike after 12 wks  Add elliptical, swimming after 14 wks
<b>PHASE V</b> 16-24 wks	Full	None	Full	Maximize single leg dynamic and static balance  Glutes/ pelvic stability/core + closed-chain quad program



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				<b>and HEP independent</b>  <b>Begin training sport-specific drills as tolerated after 16 weeks once cleared by MD</b>
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\*\*Brace may be removed for sleeping after first post-operative visit (day 7-10)