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Tibial Tubercle Osteotomy with MPFL Reconstruction

	Weight Bearing	Brace	Range of Motion	Exercises
PHASE I 0-2 weeks	Toe touch	On at all times during the day and sleep. Off for hygiene and when resting comfortably at home.	Locked in extension in brace, can go to 60 degrees when at rest.	Calf pumps, SLR in brace, modalities, ice, effusion control.
PHASE II 2-6 weeks	Toe touch	Locked in extension when walking with progression of open 30 degrees a week. Goal of 90 degrees by 6 weeks. *Can take off at night for sleeping	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
PHASE III 6 - 8 weeks	Slowly advance to full weightbearing	None	Full	Advance closed chain quads, progress balance, core/pelvic and stability work Begin stationary bike at 6 weeks Advance SLR, floor-based exercise
PHASE IV 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.
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.

*******Please include BFR with all time points of protocol*******