

## Distal Patellar Realignment (Tibial Tubercle Transfer) Protocol

**Dr. Brent Carlson**

**Chippewa Valley Orthopedics & Sports Medicine**

1200 OakLeaf Way, Suite A      757 Lakeland Drive, Suite B  
Altoona, WI 54720                      Chippewa Falls, WI 54729

**Patient:** \_\_\_\_\_

**DOS:** \_\_\_\_\_

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 10	Months 3-6	
Weight Bearing	25%	25%	25-50%	25-50%	75%	100%	100%	D/C crutches	D/C Brace	Swimming can start at week 9.  Continue with strengthening programs working towards 80-90% of opposite side.  To progress to a running program, should be cleared by MD and have functional strength of 70%. Functional Testing appropriate for jump program, agility, plyometrics and return to work or school.  Patient should have no pain or swelling with progression of functional tasks.  Return to high level tasks with 80-90% strength of quadriceps.	
Brace Settings for Ambulation	0/0	0/0	0/0  *Brace may be open to available ROM for sitting, sleeping: all non-ambulation times	0/0	0/0	0/0	0/0	May begin ambulation without brace locked in extension, full motion allowed			
PROM Goal	0-60	0-70	0-90	Increase as tolerated to full range of motion				Full			
AROM Goal heelslide	0-50	0-60	0-70	Increase as tolerated to full range of motion				Full			
PT visits/week	0	2-3	2-3	2-3	2-3	2-3	2-3	2-3			
Shower	No	With brace	No Brace	Sleep no brace							
Exercises	Quad Sets			Continue with these, increasing reps and adding resistance as tolerated, SAQ's also appropriate							
Follow MD instruction, based on x-ray.  Follow all ROM and WB restrictions with exercises.  September 2015	SLR's with brace		No brace								
	Patellar Mobs-emphasis on tilts										
	Multi-hip isotonic										
	Ham curls AA		to active to resisted								
	BAPS										
	Stationary Bike										
	Closed Kinetic Chain Exercises-TKE with overball, tubing										
	Heel Raises										
	Total Gym, Partial Squats										
	Treadmill Walking										
Dynamic Balance											
Step-ups											
Resisted Ambulation, Balance and Proprioception											

**Any Questions? Contact Northwoods Therapy Associates Altoona, WI (715) 839-9266 Chippewa Falls, WI (715) 723-5060**