

Distal Patellar Realignment (Tibial Tubercle Transfer) Protocol

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Patient: _____

DOS: _____

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Months 3-6	
Weight Bearing	25%	25%	25-50%	25-50%	75%	100%	100%	D/C Crutches	Swimming can start at week 9.	
Brace Settings	10/10	10/10	10/10	0/60	0/60	0/60	0/60	D/C Brace	Continue with strengthening programs working towards 80-90% of opposite side.	
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	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.	
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						Patient should have no pain or swelling with progression of functional tasks. Return to high level tasks with 80-90% strength of quadriceps.
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 isotonics									
	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