

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	WBAT	WBAT				100%	100%	D/C crutches	Swimming can start at week 9.
Brace Settings By MD initials	0/0	0/0	0/0	0/0	0/0	Increase brace flexion settings weekly per MD, slightly less than the ROM in heelslide.		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	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.
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. July 2013	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									
Patient should have no pain or swelling with progression of functional tasks.									
Return to high level tasks with 80-90% strength of quadriceps.									

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