

Tibial Tubercle Osteotomy (Fulker or AMZ) +/- MPFL Reconstruction

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Patient _____
 DOS _____

| | Weeks 1-2 | Weeks 3-4 | Weeks 5-6 | Weeks 7-10 | Weeks 11-15 | Weeks 16+ |
|--------------------------------|--|--------------------------------------|-------------------------|-------------------------------|--|---|
| Weight Bearing | WBAT with brace locked at 0° | | | WBAT with brace open 0-90° | | |
| Brace | Locked at 0° - may unlock with sitting | | | Discharge if no quad lag | | |
| PROM | 0-60° | 0-90° | 0-120° | Advance as tolerated | | |
| AROM | AAROM 0-60° | 0-90° | 0-120° | Advance as tolerated | | |
| Exercises | Quad sets | Bike – no resistance | Bike – light resistance | LAQ | Progress with strengthening | Emphasize power, generation, and absorption |
| *control swelling/inflammation | Glut Sets | Overball/Sportcord | Heel raises | SAQ | Initiate walk to jog progression | Sport specific drills |
| *educate on rehab progression | SLR with brace | Sidelying Hip Add and Ext with brace | Clamshells | Total Gym | Light agility drills, progressing to sport specific drills | SL plyometrics |
| *e-stim to facilitate quads | Sidelying Hip Abd with brace | Hamstring/Gastroc stretches | | Leg Press | DL Plyometrics | *refer to advanced ACL Rehab protocol for ideas on exercises & exercise progression |
| | Inferior/Superior and Medial patellar glides | UBE | | Front step ups | Lunge | |
| | Scar massage | | | Lateral step ups | Balance & reach | |
| | Ankle pumps | | | DL→SL Balance, Proprioception | Vectors | |
| | ITB stretch | | | POW 8 Hamstring curls | SL Bridge | |
| | | | | Bridge/Core strengthening | | |
| | | | | Wall sits | | |
| | | | | Multi-Hip machine | | |
| | | | | Squats | | |