

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		