



ADVANCED
ORTHOPAEDIC
SPECIALISTS

Medial Patellofemoral Reconstruction & Tibial Tubercle Osteotomy/Distalization (MPFL & TTO) Rehabilitation Protocol

****NO SLR, LAQ, OR KNEE EXTENSION FOR ALL PHASES**

	Weight Bearing	Brace	Range of Motion	Therapeutic Exercises
Phase I 0 - 2 weeks	NWB	Knee immobilizer	No ROM	Quad/HS/glute sets, ankle pumps, 4-way ankle Long sitting hamstring and calf stretching Standing hip extension, abduction and adduction SLR
Phase II 2 - 4 weeks	TTWB	Knee immobilizer	Increase ROM by 15°/week	Initiate ROM heel slides per ROM restrictions SAQ
Phase III 4 - 6 weeks	TTWB	Knee immobilizer	Increase ROM by 15°/week	Progress ROM heel slides per ROM restrictions Initiate stationary bike with low resistance and HS curls
Phase IV 6 - 12 weeks	Week 6: 50% Week 7: WBAT	Knee immobilizer with ambulation until FWB and patient can complete 10 SLR without significant extension lag	Full ROM	Weight shifting and TKE (per WB restrictions) WBAT: leg press 0-60, Mini-squats 0-45° fwd/lat step ups, step downs Single & double leg closed chain strengthening progressing towards functional, multi joint and multi planar movements
Phase V 12 - 16 weeks	FWB	Patellar Stabilizer	Full ROM	Initiate running and plyometric activity ONLY IF HEALED RADIOGRAPHICALLY / CLEARED BY MD
Phase VI 16 + weeks	FWB	Patellar Stabilizer	Full ROM	Sport/work specific activity Return to sport testing