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POST-OP MPFL RECONSTRUCTION + TIBIAL TUBERCLE OSTEOTOMY PT

Diagnosis/Surgery: _____

PHASE 1: WEEKS 0-2

Goals:

1. Protect fixation, decrease edema, activate quadriceps

Weight bearing:

1. PWB with crutches

Brace:

1. Brace locked in extension for ambulation, daily activities, sleeping

ROM:

1. Initiate ROM 3 times a day 0-30° and advance as tolerated

Exercises/Strengthening:

1. Patella mobilization
2. Quad/hamstring sets
3. Heel slides
4. Prone hangs
5. Straight leg raises with brace locked in extension
6. Modalities

PHASE 2: WEEKS 2-6

Weight bearing:

1. PWB with crutches

Brace:

1. Hinged knee brace locked in extension for ambulation
2. Ok to remove brace for sleeping when comfortable doing so

ROM:

1. Progress to AROM with goal of 90° by week 6

Exercises/Strengthening:

1. Gentle patella mobilization
2. Quad/hamstring sets
3. Heel slides
4. Prone hangs
5. Straight leg raises with brace until quad prevents extension lag

PHASE 3: WEEKS 6-12

Weight bearing:

1. Advance 25% weekly as tolerated until full WB with normalized gait pattern

Brace:

1. Brace unlocked for ambulation
2. Wean brace between 6-8 weeks
3. Consider use of patella stabilizer knee sleeve brace

ROM:

1. Progress to full AROM as tolerated

Exercises/Strengthening:

1. No weight bearing exercises with knee flexion angles $>90^\circ$
2. Advanced closed chain strengthening and proprioception
3. Total gym or partial wall squats (0-45°)
4. Stationary bike – begin with partial revolutions without resistance and progress

PHASE 4: MONTHS 3-4

Weight bearing:

1. WBAT

Brace:

1. Consider use of patella stabilizer sleeve brace

Exercises/Strengthening:

1. Advance closed chain strengthening and proprioception
2. Advance proprioception training
3. Initiate light plyometrics
4. Begin elliptical and/or treadmill jogging progression program

PHASE 5: MONTHS 4-6

Exercises/Strengthening:

1. Advance Phase 4 exercises
2. Focus on core/glutes
3. Progress flexibility and strengthening
4. Maximize single leg dynamic and static balance and strength
5. Advance plyometrics

PHASE 6: MONTHS >6

Exercises/Strengthening

1. Sport specific training
2. Plyometric and agility progression
Teach: soft landing following jumps, stay low while running, keep knees in line with feet at all times
3. Return to sports decided by physician, physical therapist and athletic trainer

Elisabeth C. Robinson, MD

Date