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Post-Operative Rehabilitation Guidelines for
Tibial Tubercle Osteotomy + MPFL

0-6 Weeks:

- Strict TDWB with crutches
- Brace Locked in extension
- May remove brace for ROM/hygiene (on for sleeping for the first 2 weeks)
- ROM 0-90 degrees (passive, active assist)
- Quad sets, co-contraction, ankle pumps
- 2 weeks: Begin floor based core, hip and glute work, patellar mobilization

6-12 Weeks:

- Advance to PWB (25% and then 50%) weeks 6-8
- May advance to WBAT after week 8
- Begin stationary bike week 6-8
- Unlock brace, D/C crutches when quad function adequate.
- May wean from brace after 8 wks as tolerated.
- Full unlimited Active/Passive ROM. Advance as tolerated.
- Continue SLR, Quad sets. Advance to light open chain exercises, mini squats.
- Begin hamstring strength week 10.

12-16 Weeks

- Full gait with normalized pattern.
- Full ROM
- Begin elliptical/ swimming at 14 weeks and outdoor cycling at 12 weeks
- Begin treadmill walking
- Progress to balance/Proprioception exercises.

> 16 Weeks:

- Advance closed chain exercises.
- Maximize single leg dynamic and static balance
- Glutes/pelvic stability/core + Closed chain quad program and HEP independent
- Focus on single leg strength
- Begin light Plyometric program
- Emphasize single leg loading