

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

Dr. Austin Crow

Chippewa Valley Orthopedics & Sports Medicine

1200 OakLeaf Way, Suite A

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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		
	Inferior/Superior and Medial patellar glides	UBE		Front step ups	DL Plyometrics	*refer to advanced ACL Rehab protocol for ideas on exercises & exercise progression
	Scar massage			Lateral step ups	Lunge	
	Ankle pumps			DL→SL Balance, Proprioception	Balance & reach	
	ITB stretch			POW 8 Hamstring curls	Vectors	
				Bridge/Core strengthening	SL Bridge	
				Wall sits		
				Multi-Hip machine		
				Squats		

Any Questions? Please contact: **Northwoods Therapy Associates**/Altoona, WI (715) 839-9266/ Chippewa Falls, WI (715) 723-5060

**Revised December 2019