



Sports & Orthopaedic Specialists

MPFL Repair & Tibial Tubercle Osteotomy

This protocol provides appropriate guidelines for the rehabilitation of patients following MPFL repair and tibial tubercle osteotomy. The protocol draws evidence from the current literature and accounts for preferences of the surgeons at Sports & Orthopaedic Specialists. The program may be modified by the referring provider for an individual patient. If questions arise regarding the application of the protocol or the progress of the patient, contact Sports & Orthopaedic Specialists: (952) 946-9777

PHASE	WEIGHT BEARING	BRACE	ROM	EXERCISES
Phase I 0-2 weeks	Heel touch only	-On & locked in full extension except for hygiene and PT. -May remove for sleeping after first postop visit with MD.	0-90	Ankle pumps, quads sets Heel slides SLR (brace on) Modalities to reduce swelling
Phase II 3-6 weeks	Heel touch only	-On and unlocked to 90 -Off at night	-Maintain full extension -Progress to full flexion	-Advance quads sets, SLR -Progress NWB ROM exercises -Begin floor-based core, hip, glute work -Patellar mobilizations
Phase III 6-8 weeks	-Advance 25% weekly. -Progress to FWB with normalized gait pattern.	None	Full	-Begin stationary bike -Advance SLR, floor-based exercises -Begin closed chain quads -Begin closed chain balance and stability work
Phase IV 9-16 weeks	FWB.	None	Full	-Progress flexibility and strength progression (quads, glutes, core, balance) -Add elliptical and swimming after 14 weeks
Phase V 17-24 weeks	FWB.	None	Full	-Glutes/pelvic stability/core & closed chain quads program. -Independent HEP -Maximize single leg static and dynamic balance -Begin sport-specific drills once cleared by MD