

Medial Patellofemoral Ligament Reconstruction with Tibial Tubercle Osteotomy Rehabilitation Protocol

	Weight-bearing	Brace	Range of Motion	Exercises
Phase 1 0-2 weeks	Heel touch only	On at all times during day and while sleeping Off for hygiene and exercises	Non weight bearing goal 0- 90° @ first post-op visit	Calf pumps, quadriceps tightening sets and SLR in brace , modalities
Phase 2 2-6 weeks	Heel touch only	Unlocked 0-90° Off at night	Maintain full extension and progress flexion	Progress non-weight-bearing flexibility Begin floor-based core, hip and gluteal strengthening Advance quadriceps strengthening, patellar mobilization and SLR
Phase 3 6-8 weeks	Wean off crutches and progress to full with normalized gait pattern	Discontinue brace at 6 weeks once normal gait achieved	Full	Advance closed chain quadriceps strengthening, progress balance, core/pelvic and stability work Begin stationary bike at 6 weeks Advance SLR, floor-based exercises, hip/core
Phase 4 8-16 weeks	Full	None	Full	Progress flexibility and strengthening, progression of functional balance, core, glutes program Advance bike after 12 weeks Add elliptical, swimming after 14 weeks
Phase 5 16-24 weeks	Full	None	Full	Maximize single leg dynamic and static balance Glutes/ pelvic stability/core + closed-chain quad program and HEP independent Begin training sport-specific drills as tolerated after 16 weeks once cleared by MD

SLR – Straight-leg raise; HEP: Home Exercise Program