

## Medial Patellofemoral Ligament Reconstruction with Tibial Tubercle Osteotomy Rehabilitation Protocol

	Weight-bearing	Brace	Range of Motion	Exercises
<b>Phase 1</b> 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 <b>brace</b> , modalities
<b>Phase 2</b> 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
<b>Phase 3</b> 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
<b>Phase 4</b> 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
<b>Phase 5</b> 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