



PROXIMAL AND DISTAL PATELLAR REALIGNMENT (MPFL RECONSTRUCTION AND TIBIAL TUBERCLE OSTEOTOMY) WITH / WITHOUT LATERAL RELEASE

PHYSICAL THERAPY PROTOCOL

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Patient Name: _____ **Date of Surgery:** _____

Procedure: Right/Left Knee Proximal and Distal (AMZ) Patellar Realignment

Associated Procedure(s) (circled if applicable):

- ACI biopsy

Evaluate and Treat – no open chain or isokinetic exercises

Provide patient with home exercise program

Frequency: _____x/week x _____weeks



__ **Phase I (0-6 wks): *Period of protection.***

- **Heel touch weight-bearing (20%) with brace locked in extension.** Hinged knee brace should be worn at all times except for PT and hygiene. Brace should be locked in extension for first 2 weeks, then unlocked at all times except sleeping.
- **ROM**
 - Immediate passive ROM to tolerance; progress active knee flexion as tolerated, but avoid active knee extension.
 - Goal: full ROM by 6 wks.
- **Strengthening:** Gentle quad sets, co-contractions, isometric quad/hamstring strengthening in extension and at knee flexion >60 degrees.

__ **Phase II (6-12 wks): *Transition phase.***

- **Transition to full weight-bearing over weeks 6-8 (50% WB/wk). D/C brace once adequate quad control and no lag on SLR.**
- **ROM:** Passive ROM as tolerated with gentle stretching at end ranges if not yet at full motion. Active and active-assisted ROM as tolerated with no resistance.
- **Strengthening:** Begin and advance SLRs. Once full weight-bearing, with no lag on SLR and no limp during gait (usually by 6-8 wks), begin and slowly advance closed-chain quad/core and hamstring strengthening.

__ **Phase III (3-6 months): *Begin more sport-focused conditioning.***

- **ROM:** Continue active and active-assisted ROM.
- **Strengthening:** Progress closed-chain patellofemoral strengthening without limits. Begin treadmill walking at a slow pace and progress to balance/proprioception.
- Light plyometrics and jogging can be initiated at 4 months.
- From 4.5 – 6 months, begin and advance sport-specific activities (running, agility training).
- High-impact activities (jumping, contact sports) allowed once full motion and strength achieved (usually between 4-6 months).

__ **Other:**

__ Modalities

__ Electrical Stimulation

__ Ultrasound

__ Heat before/after

__ Ice before/after exercise



___ May participate in aquatherapy after week three, begin aqua-running week 6

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient ___ would ___would not benefit from social services.

Date:_____

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