

## **Dr. Ernat's Combined MPFL Reconstruction and Tibial Tubercle Osteotomy / Distal Realignment Post-Operative Protocol**

**May attend up to 1-3 times weekly for 12-16 weeks.**

*Timing of each phase varies based on individual patient factors, length of time immobilized, strength/ROM status, and expected performance/activity demands.*

**PHYSICAL THERAPY (PT):** Schedule for 3-4 days after surgery and try to go at least 1-2 times before you return for your post-op visit in clinic.

**RESTRICTIONS:** No full WB initially. ROM 0-45 1-3 weeks. PWB 1-2 weeks w crutches and brace.

**WB / CRUTCHES:** PWB with crutches and brace 1-2 weeks. WBAT with crutches and brace 2-6 weeks. Wean crutches and brace week 6. May transition to a patellar stability brace thereafter.

**BRACE:** Wear for first 6 wks. Lock at 0 for ambulation.

**RANGE OF MOTION:** 0-45 degrees 1-3 wks, progress as tolerated to 90 then full as tolerates after reaching 90.

**STRENGTHENING:** Begin quad sets and SLR post-op day 2-3. Light resistance to progress wks 5-6.

**MODALITIES:** Per PT or ATC's discretion. Ice use 3-5 x/day first 10-14 days then 2-3 x/day wks 1-4 as needed.

**RETURN TO ACTIVITY:** subject to change, based on individual progress, progress all as tolerates.

**Recumbent bike:** 5 weeks

**Elliptical:** 10 weeks

**Planks:** 10 weeks

**Swimming:** 8-10 weeks

**Road bike outside:** 10-12 weeks

**Light jogging:** 3 months

**Running:** 3-4 months

**Golf (chip/putt):** 3 months

**Golf (full swing):** 4 months

**Skiing:** 4 months

**Tennis:** 4 months

**Soccer:** 4 months

**Basketball:** 4 months

**Contact sports:** 4 months

### **PHASE I – PROTECTION/RANGE OF MOTION (POST-OP WKS: 1-3)**

- Protect surgical site, control pain and inflammation.
- Ice 20-30 min., 3-5 x/day for first 10-14 days then 2-3 x/day for 4 wks PRN.
- PWB on crutches with brace locked at 0 degrees, 1-2 wks. WBAT with crutches and brace wks 2-6.
- SLR and quad sets for quad activation.

- Modalities at therapist's discretion.
- PROM/AROM 0-45 degrees as tolerated wks 1-3.

#### **PHASE II – RANGE OF MOTION/LIGHT RESISTANCE** (*POST-OP WKS: 3-6*)

- 1) WBAT with crutches and brace locked at 0 degrees until 6 weeks.
- 2) Continue with quad activation: quad sets and SLR.
- 3) Progress ROM 0-90 as tolerates then gradually reach full motion as tolerated.
- 4) Begin stationary bike with no resistance after no sooner than 5 weeks and after you have reached at least 105 degrees of flexion.
- 5) Total gym on low setting, 4-way hip exercises, calf raises.

#### **PHASE III – STRENGTHENING** (*POST-OP WKS: 6-12*)

- May wean off crutches and wean from brace use.
- Progress on the total gym and stationary bike.
- Closed chain double leg quad strengthening.
- NO jumping or running.

#### **PHASE IV – FUNCTIONAL PROGRESSION** (*POST-OP WKS: 12-16*)

- Continue double leg closed chain and ROM exercises.
- May begin single leg closed chain exercises as tolerated.
- May begin light functional exercises as tolerated.

#### **PHASE V – RETURN TO ACTIVITY/SPORT** (*POST-OP WKS: 16+*)

- May return to full activity as tolerated.

#### **KEY FOR PATIENTS:**

**POST-OP** = after your surgery

**WB** = weight-bearing

**ROM** = range of motion

**PROM** = passive range of motion, someone else moves you

**AAROM** = active assisted range of motion

**AROM** = active range of motion, you move yourself

**RROM** = resisted range of motion, motion against resistance, strengthening

**SLR** = straight leg raise

**WNL** = within normal limits