



Tibial Tubercle Transfer with MPFL Recon

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Sports Medicine and Trauma Orthopaedic Surgery

If you have any questions about this protocol or about the patient, do not hesitate to email Dr. Metzler at: ametzler@orthonky.com

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	Weight Bearing and ROM	Brace use	Therapeutic Elements	
Phase 1: 0-4 weeks	<p>TDWB with crutches (TTT)</p> <table border="1"> <tr> <td> <p>ROM 0 week-30 deg 1 week-45 deg 2 week-60 deg 3 weeks-75 deg 4 weeks - progress to full</p> </td> </tr> </table>	<p>ROM 0 week-30 deg 1 week-45 deg 2 week-60 deg 3 weeks-75 deg 4 weeks - progress to full</p>	<p>Brace locked in full extension for sleep and for ambulation x 2 weeks. After 2 weeks remains locked for ambulation but can be unlocked for sleep to motion limits set to the left (ex. at 3 weeks brace can be unlocked for sleep from 0-75 deg, but still locked when upright.)</p>	<p>Modalities as needed, quad sets, hip adduction, quad e-stim, patellar mobilization (NO LATERAL GLIDES), nwb gastroc/soleus stretch, SLR in brace locked in full extension</p>
<p>ROM 0 week-30 deg 1 week-45 deg 2 week-60 deg 3 weeks-75 deg 4 weeks - progress to full</p>				
4-6 weeks	<p>TDWB (TTT)</p> <p>ROM: Full</p>	<p>Continue brace at all times, unlocked for ambulation/sleep</p>	<p>Quad sets, wb gastroc/soleus stretch, patellar mobilization (NO LATERAL GLIDES), stationary bike, proprioceptive training, SLR with brace locked in full extension until patella has no lag with SLR</p>	
6-8 weeks	WBAT	<p>Unlocked for ambulation/sleep. Transition to lateral stabilizer</p>	<p>Closed chain strengthening, stationary bike/elliptical, proprioceptive training</p>	
Phase 2: 8-24 weeks	Full	<table border="1"> <tr> <td> <p>J-Brace- With Activities</p> </td> </tr> </table>	<p>J-Brace- With Activities</p>	<p>Advanced closed chain strengthening, proprioceptive training, running straight ahead at 12 weeks</p>
<p>J-Brace- With Activities</p>				
4-6 months	Full	<table border="1"> <tr> <td> <p>J-Brace- With Activities</p> </td> </tr> </table>	<p>J-Brace- With Activities</p>	<p>Functional drills (athletes), continue strengthening/ stretching (should be at 80% of isokinetic strengths)</p>
<p>J-Brace- With Activities</p>				

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