



AMZ (ANTEROMEDIALIZATION / TIBIAL TUBERCLE OSTEOTOMY) W/DE NOVO PATELLA/TROCHLEA REHABILITATION PROTOCOL

Phase I: Weeks 0-2

- Weight Bearing: Foot Flat with brace locked in Full Extension
- Brace:
 - Locked in full extension at all times.
 - May take off for exercises or hygiene
- CPM
 - 0-30° for at least 6-8 hours/day
- ROM:
 - Goal is symmetric extension (including hyperextension)
 - Gentle Passive Flexion 0-45°
- Exercises
 - Quad/Hamstring sets, SLR in brace ,Ankle pumps, heel props, calf stretching, patellar mobs

Phase II: Weeks 2-8

- Weight Bearing:
 - 2-6 Weeks: Foot Flat weight bearing
 - 6-8 Weeks: Begin 25% WB and advance 25% each week until full.
- Brace:
 - 2-4 Weeks: Unlocked 0-45°
 - 4-6 Weeks: 0-90°
 - Discontinue at 6 weeks
- CPM:
 - 2-4 Weeks: 0-60°
 - 4-6 Weeks: 0-90°
- ROM:
 - Maintain symmetric extension
 - Progress flexion as tolerated while Non weight bearing.
- Exercises:
 - 2-6 Weeks:
 - Add Side lying hip/core exercises, stretching
 - 6-8 Weeks:

- Normalize Gait
- Add heel raises, CKC exercises, eccentric quads, eccentric hamstrings.

Phase III: Weeks 8 -12

- Full Weight bearing
- No Brace
- Full ROM
- Exercises:
 - Progress closed chain exercises/ hip/core/glutes
 - Advance hamstring work, proprioception/balance exercises;
 - Begin stationary bike at 10 wk

Phase IV: 3-6 mo.

- Exercises:
- Progress Phase III exercises and functional activities
 - Walking lunges, planks, bridges, half-bosu exercises
- Advance core/glutes and balance

PHASE V 6-12 months

- Advance all activity as directed.
- When Cleared by MD may begin impact such as running, jumping, pivoting, sports specific activity
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