



## **MPFL RECONSTRUCTION WITH AMZ (ANTEROMEDIALIZATION / TIBIAL TUBERCLE OSTEOTOMY) 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
  - 0-90° for at least 6-8 hours/day
- ROM:
  - Goal is symmetric extension (including hyperextension)
  - Gentle Passive Flexion 0-90°
- Exercises
  - Quad/Hamstring sets, SLR in brace ,Ankle pumps, heel props, calf stretching, gentle patellar mobs

### **Phase II: Weeks 2-6**

- Weight Bearing:
  - 2-6 Weeks: Foot Flat weight bearing
- Brace:
  - Locked in full extension when up ambulating
  - Unlocked 0-90° when NWB
- ROM:
  - Maintain symmetric extension
  - Progress flexion as tolerated while Non weight bearing.
  - Goal of 125° flexion.
- Exercises:
  - Add Side lying hip/gluteal/core exercises, stretching
  - May begin light scar massage once incision is healed (~3-4 weeks)

### **Phase III: Weeks 6-10**

- Weight bearing
  - Begin 25% WB and advance 25% each week until full by 10 weeks
- Discontinue Brace

- Progress to Full symmetric ROM,
- Exercises:
  - Progress closed chain exercises/ hip/core/gluteal exercises
  - Advance hamstring work, proprioception/balance exercises
  - Begin stationary bike at 10 weeks
  - Minimize swelling

**Phase IV: 10-16 weeks**

- Normalize Gait pattern
- Exercises:
  - Progress Phase III CKC exercises and functional activities
- Advance core/glutes and balance
- May add elliptical trainer and swimming at 14 weeks

**PHASE V 6-12 months**

- Advance all activity as directed.
- Jogging at 16 weeks with MD approval.
- Progress to independent home exercise program.
- When Cleared by MD may begin impact such as running, jumping, pivoting, sports specific activity
- Return to Sport when cleared by MD