



Medial Patellofemoral Ligament (MPFL) Reconstruction w/ Tibial Tubercle Osteotomy (TTO) Protocol

Phase 1 (0-2 weeks)

Weight bearing: Heel touch

Brace: Locked in full extension all times (incl sleeping), off for hygiene and exercise only

ROM: 0-90°

EXERCISES:

- Quad sets emphasizing vastus lateralis and vastus medialis activation
- SLR in brace
- Calf pumps

Phase 2 (2-6 weeks)

Weight bearing: Heel touch

Brace: 0-90°. Remove while sleeping.

ROM: Maintain full extension, progress flexion

EXERCISES:

- Non weight bearing ROM
- Floor-based hip, core, and glute exercises
- Progress quad sets, SLR
- Patellar mobility

Phase 3 (6-8 weeks)

Weight bearing: Advance 25% weekly until full

Brace: None

ROM: Full

EXERCISES:

- Progress Phase 2 exercises
- Balance/stability exercises
- Stationary bike

Phase 4 (8-16 weeks)

EXERCISES:

- Progress Phase 3 exercises, stationary bike
- Swimming, outdoor bike, elliptical after 12 weeks

Phase 5 (16-24 weeks)

- Maximize single leg static and dynamic balance
- Home exercise program for closed chain quad, core, glutes pelvic stability exercises
- Sport-specific activity at 16 weeks after MD clearance