

Distal Patellar Realignment (Tibial Tubercle Transfer)/MPFL Protocol

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Patient: _____

DOS: _____

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 10	Months 3-6	
Weight Bearing	25%	25%	25-50%	25-50%	75%	100%	100%	D/C crutches	D/C Brace	Swimming can start at week 9.	
Brace Settings for Ambulation	0/0	0/0	0/0 *Brace may be open to available ROM for sitting, sleeping: all non-ambulation times	0/0	0/0	0/0	0/0	May begin ambulation without brace locked in extension, full motion allowed		Continue with strengthening programs working towards 80-90% of opposite side.	
PROM Goal	0-60	0-70	0-90	Increase as tolerated to full range of motion				Full		To progress to a running program, should be cleared by MD and have functional strength of 70%. Functional Testing appropriate for jump program, agility, plyometrics and return to work or school.	
AROM Goal heelslide	0-50	0-60	0-70	Increase as tolerated to full range of motion				Full			
PT visits/week	0	2-3	2-3	2-3	2-3	2-3	2-3	2-3			
Shower	No	With brace	No Brace	Sleep no brace							
Exercises	Quad Sets		Continue with these, increasing reps and adding resistance as tolerated, SAQ's also appropriate								
Follow MD instruction, based on x-ray. Follow all ROM and WB restrictions with exercises. July 2017	SLR's with brace		No brace		Patellar Mobs-emphasis on tilts						Patient should have no pain or swelling with progression of functional tasks. Return to high level tasks with 80-90% strength of quadriceps.
					Multi-hip isotonic						
					Ham curls AA to active to resisted						
					BAPS						
					Stationary Bike						
					Closed Kinetic Chain Exercises-TKE with overball, tubing						
					Heel Raises						
					Total Gym, Partial Squats						
					Treadmill Walking						
					Dynamic Balance						
				Step-ups							
				Resisted Ambulation, Balance and Proprioception							

Any Questions? Contact Northwoods Therapy Associates Altoona, WI (715) 839-9266 Chippewa Falls, WI (715) 723-5060