

AMZ (ANTEROMEDIALIZATION / TIBIAL TUBERCLE OSTEOTOMY) W/ ACI PATELLA/TROCHLEA W/ MPFL RECONSTRUCTION REHABILITATION PROTOCOL

| | WEIGHT BEARING | BRACE | ROM | EXERCISES |
|--------------------------------|------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| PHASE I 0-2 weeks | Heel-touch only | Locked in full extension at all times* Off for hygiene and home exercise only | Gentle passive 0-45° CPM 0-30° | Quad sets, patellar mobs, SLR, calf pumps at home CPM at home |
| PHASE II 2-8 weeks | 2-6 weeks: Heel-touch only 6-8 weeks: Advance 25% weekly until full | 2-4 weeks: Unlocked 0-45° 4-6 weeks: Unlocked 0-90° Discontinue brace at 6 weeks | 2-4 weeks: CPM 0-60° 4-6 weeks: CPM 0-90° Advance ROM as tolerated when non-WB | 2-6 weeks: Add side-lying hip and core, advance quad set and stretching 6-8 weeks: Addition of heel raises, total gym (closed chain), gait normalization, eccentric quads, eccentric hamstrings Advance core, glutes and pelvic stability |
| PHASE III 8-12 weeks | Full | None | Full | Progress closed chain activities Advance hamstring work, proprioception/balance exercises; hip/core/glutes Begin stationary bike at 10 wk |
| PHASE IV 12-24 weeks | Full | None | Full | Progress Phase III exercises and functional activities: walking lunges, planks, bridges, swiss ball, half-bosu exercises Advance core/glutes and balance |
| PHASE V 6-12 months | Full | None | Full | Advance all activity w/o impact such as running, jumping, pivoting, sports until cleared by MD |

*Brace may be removed for sleeping after first post-operative visit (day 7-14)