



PHYSICAL THERAPY PRESCRIPTION
Tibial Tubercle Osteotomy w/ MACI of Patella/ Trochlea

Name: _____ Surgery Date: _____

PROCEDURE: Right Left

Additional Procedures: Cartilage Procedure: _____

Lateral Release MPFL Reconstruction - Hamstring Auto Allograft

Other: _____

Weight Bearing: Heel touch weight bearing with brace locked in extension with crutches/walker

Weight bearing modifications: _____

ROM: 0 – 30 degrees (advance to 0-60 degrees)

ROM Modifications: _____

Brace Instructions: brace locked in extension AT ALL TIMES (*except when using CPM*)

remove brace when using CPM machine

CPM Instructions: 0 – 30 degrees, *remove brace while using CPM*

Additional Instructions: _____

Frequency & Duration: 1-2 times per week for 6 - 8 weeks

Rx: TTP Post-Op Rehab – Phase 1 (follow my protocol strictly)

Dressing change / wound check 2-3 days post-op

Emphasize early full passive extension to 0°

Quad sets and SLR

Precautions: Per my PT protocol

Physician's Signature:  _____, MD

Sheena Black, MD

Orthopedic Surgeon

Sports Medicine Specialist



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PHYSICAL THERAPY PROTOCOL

Tibial Tubercle Osteotomy with MACI of Patella/Trochlea

Progression is both criteria-based and patient specific. Phases and time-frames are designed to give the clinician a general sense of progression. Concomitant procedures such as cartilage procedures, lateral release, tibial tubercle osteotomy, as well as chronicity of the condition will alter the guideline.

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
Phase I Weeks 0-2 PT 1-2x/week HEP daily	Heel touch weight bearing in brace w/ crutches	Locked in full extension at all times Off for hygiene, CPM & home exercise only	CPM 2 hours/ 3x/day - Remove brace - 0 – 30° Gentle passive: 0 – 45°	CPM at home Quad sets Patellar mobs SLR w/ brace until no lag Calf pumps
Phase II Weeks 2-8 PT 2-3x/week HEP daily	<u>Week 2-6:</u> Heel touch weight bearing only <u>Week 6-8:</u> Advance 25% per week until full weight bearing	<u>Week 2-4:</u> Unlocked 0-45° <u>Week 4-6:</u> Unlocked 0-90° Discontinue brace at 6 weeks	<u>Week 2-4:</u> CPM 0 – 60° <u>Week 4-6:</u> CPM 0 – 90° Advance ROM as tolerated when non-WB	<u>Week 2-6:</u> Add side-lying hip and core, advance quat set and stretching <u>Week 6-8:</u> add - Heel raises - Total gym (closed chain) - Gait normalization - Eccentric quads - Eccentric hamstrings Advance core, glute, and pelvic stability
Phase III Weeks 8 - 12 PT 1-2x/week HEP daily	WBAT	None	Full	Progress closed chain activities Advance hamstring strengthening, proprioception/ balance exercise, hip, core, and glute stability
Phase IV Weeks 12-24 PT 1-2x/week HEP daily	WBAT	None	Full	Progress Phase III exercises and functional activities (walking lunges, planks, bridges, swiss ball, half-bosu ball exercises) Advance core/glute strengthening and balance
Phase V Month 6-12 PT 1x/week HEP daily	WBAT	None	Full	Advance all activity w/o impact Gradual return to impact activities (running, jumping, pivoting) and sports participation after completion of RTS testing **

** Completion of RTS (Return to Sport) testing not mandatory, but recommended for competitive athletes returning to play after rehab

IF QUESTIONS: PLEASE CALL 469-800-7200