

**TIBIAL TUBERCLE OSTEOTOMY (TTO) WITH MEDIAL PATELLOFEMORAL  
LIGAMENT (MPFL) RECONSTRUCTION PHYSICAL THERAPY PROTOCOL**

Recommend 2-3x/week for 8 weeks  
Please contact office for renewal as needed

Weeks 0-2	<ul style="list-style-type: none"> <li>• Heel-touch weight bearing with crutches with brace locked in extension</li> <li>• NO active knee extension; PASSIVE EXTENSION ONLY from 0-45° with brace on             <ul style="list-style-type: none"> <li>• Active knee flexion (hamstrings) ok</li> </ul> </li> <li>• Brace set from 0-45° and wearing at all times except personal bathing</li> <li>• Heel slides, quad sets, patellar mobilization, ankle pumps</li> </ul>
Weeks 3-6	<ul style="list-style-type: none"> <li>• Continue heel-touch weight bearing and exercises from weeks 0-2</li> <li>• NO active knee extension; PASSIVE EXTENSION ONLY from 0-45° with brace on             <ul style="list-style-type: none"> <li>• Active knee flexion (hamstrings) ok</li> </ul> </li> <li>• Straight leg raise in brace with brace locked in full extension</li> <li>• Focus on regaining full extension; brace may be removed at night</li> <li>• Begin floor-based core, hip, gluteal work; advance quad sets and patellar mobs</li> </ul>
Weeks 7-8	<ul style="list-style-type: none"> <li>• D/c brace and crutches as tolerated</li> <li>• Advance weight bearing (25-50%/week) with goal of full weight bearing by 8 weeks</li> <li>• Advance PROM → AAROM → AROM unrestricted with goal of full ROM by 8 weeks</li> <li>• Stationary bike and straight leg raises; advance core/glut/hip work</li> <li>• Begin closed chain quads, progress balance</li> </ul>
Weeks 9-16	<ul style="list-style-type: none"> <li>• Progress flexibility and strengthening; continue functional balance, core/glut program</li> <li>• Progress closed chain quad program</li> <li>• Advance bike work after 12 weeks; elliptical and swimming allowed at 14 weeks</li> </ul>
Months 4+	<ul style="list-style-type: none"> <li>• Impact activity progression allowed (Alter-G/pool running → normal jogging)</li> <li>• Maximize single leg dynamic and static balance</li> <li>• Gluteal/pelvic stability/core and closed chain quad program with transition to HEP</li> <li>• Sports-specific training once cleared by MD</li> </ul>