

Ascension Borgess Orthopedics & Sports Medicine

Postop Rehabilitation

MQTFL Reconstruction & Tibial Tubercle Osteotomy

Phase I (0-6 weeks)

Weight Bearing: With crutches, 50% WB in locked brace.

Range of Motion: 0-2wks locked in extension. 2-6wks 0-90d. Extension stretching.

Brace: 0-2wks locked in extension. 2-6wks 0-90d.

Exercises: SLR. Short arc quads. Bumped-heel knee extension stretch 10min, 3 x / day.
Core. Hip abductors.

Phase II (6-12 weeks)

Weight Bearing: Progress to full as tolerated

Range of Motion: Progress to full as tolerated. Extension stretching.

Brace: None

Exercises: Closed chain quads. Hamstring curls. Step-ups. Core. Balance. Hip Abductors. Toe raises. Bike.

Phase III (3-6 months)

Weight Bearing: Full

Range of Motion: Full

Brace: None

Exercises: Advance closed chain quads. Proprioception. Core. Hip abductors. Toe raises. Plyometrics. Sport-specific drills. Bike. Progress elliptical to running as tolerated. Return to full activities as tolerated after 5 months if quad-controlled single leg squat.