



**Amit Momaya, MD**

Orthopedic Surgeon, Chief of Sports Medicine  
Team Physician for UAB, Legion FC, and Bulls Hockey  
Highlands Appointments: 205.930.8339  
MomayaMD.com

**PATIENT NAME:**

**PROCEDURE:**

**DATE OF SURGERY:**

**PHYSICAL THERAPY ORDER – MPFL Reconstruction, Tibial Tubercle Osteotomy, and Cartilage Restoration**

Phase I: 0-2 weeks

- Edema and pain control
- Weight bearing status: Heel touch only in extension
- ROM: 0-30 degrees; locked in extension at all times otherwise
- Brace: locked in extension during ambulation and sleeping
- Exercises: quad sets, gentle patella mobs, calf pumps, SLR

Phase II: 2-6 weeks

- Weight Bearing Status: Heel touch only in extension
- ROM:
  - o 2-4 weeks: 0-45 degrees and CPM at same settings (6-8 hrs per day)
  - o 4-6 weeks: 0-90 degrees and CPM at same settings (6-8 hrs per day)
- Brace: per ROM above
- Exercises: Phase I + hip/glutes/core

Phase III: 6-12 weeks

- WB status: slowly progress to full
- ROM: full
- Brace: lateral padded patella brace
- Exercise: Phase II + close chain quads, hamstring curls, step-ups, front/side planks; progressive proprioception exercises

Phase IV: 3-6 months

- WB status: full
- ROM: full
- Brace: lateral padded sleeve as needed
- Exercise: Phase III + advance to open chain exercises; ok for stationary bike at 3 mo

Phase V: 6-12 mo

- Brace: none
- Gradual return to sports once cleared by MD