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Post-Operative Protocol: ACI – Patellofemoral Joint with Tibial Tubercle Osteotomy

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

\_\_\_\_\_ Provide patient with home exercise program

0-6 Weeks:

- TDWB in brace from 0-40 degrees
- CPM for 6-8 hrs./day. Rate of 1 cycle/sec from 0-40°
- Quad sets/SLR
- Patellar mobilization

6-8 Weeks:

- Wean from brace and crutches
- Advance to PWB (50%) weeks 6-8
- May advance WBAT after week 8
- Unlock brace, D/C crutches when quad function adequate.
- May wean from brace after 8 wks. as tolerated.
- Advance Passive ROM. Advance as tolerated.
- Continue SLR, Quad sets. Advance to light open chain exercises, mini squats.
- Begin hamstring strength week 10.

8-12 Weeks:

- Discontinue Brace with WBAT
- D/C crutches when gait normalized
- Advance to full ROM
- Begin closed chain quad strengthening
- Emphasize patellofemoral program

12-16 Weeks:

- Begin jogging and advance to running
- Progressive Active strengthening
- Begin sports specific exercises

>16 Weeks:

- Return to all activities including cutting/pivoting sports

\_\_\_\_\_ Modalities as indicated

\_\_\_\_\_ days/week x \_\_\_\_\_ weeks

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