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## **REHABILITATION PROTOCOL – ACI PATELLA/TROCHLEA + TIBIAL TUBERCLE OSTEOTOMY**

### **Phase I (0-2 weeks)**

Weight Bearing: Toe touch with brace

Brace: Locked in extension for sleeping and all activity (off for CPM)

ROM: 0-30° with CPM

Exercises: Quad sets, patellar mobilization, straight leg raises, ankle pumps

### **Phase II (2-8 weeks)**

Weight Bearing: 20% weight bearing; advance to full at 8 weeks

Brace:

- Weeks 2-4: 0-45°
- Weeks 4-6: 0-90°
- Weeks 6-8: Discontinue

ROM:

- Weeks 2-4: 0-60°
- Weeks 4-6: 0-90°
- Weeks 6-8: As tolerated

Exercises:

- Continue as above (Avoid squats, lunges, low chairs)
- Quad/hamstring/gluteal sets, SLRs, side-lying hip, core
- Weeks 6-8: Add eccentric quads, eccentric hamstrings, and core/pelvic stability

### **Phase III (8-12 weeks)**

Weight Bearing: As tolerated

Brace: None

ROM: Full

Exercises:

- Continue as above
- Closed chain strengthening quads, hamstrings, gluteals (wall sits, mini-squats, toe raises)
- Proprioception exercises (unilateral stance, balance), stationary bike

### **Phase IV (12-26 weeks – only advance to Phase IV if no swelling and full ROM):**

Weight Bearing: As tolerated

Brace: None

ROM: Full

Exercises:

- Continue as above
- Maximize core/gluteal strength; lunges, planks, bridges; advance proprioception
- Elliptical, stationary bike, pool
- After 30 weeks: advance to drills, jumping, cutting if cleared by Dr. Welch

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