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Distal Patellar Realignment
Tibial Tubercle Transfer

	Weight Bearing	Brace	Range of Motion	Therapeutic Elements
PHASE I 0 -2 weeks	Non-weight bearing (NWB) with crutches.	Locked in extension. Remove for CPM and exercises.	Advance as tolerated. Goal: at least 90 degs by 4wks, 120 degs by 6wks. PROM: 90 degs flexion at each therapy session.	Quad sets, hamstring isometrics, cocontractions, ankle pumps. Regain full extension. Modalities: heat before, ice after. Quad stim
2-6 weeks	Touch-down (TDWB) with crutches	Brace progressively opened to 90 degs.	Same	Same
6-8 weeks	As tolerated (WBAT), wean off crutches.	Discontinue brace if patient has controlled SLR without extension lag.	Progress to full ROM	SLR. Begin progressive closed chain exercise. Bicycle.
8-10 weeks	Full weight (FWB) with normal gait.	None	Full A/PROM	Advance closed chain exercise. Balance exercises.
PHASE II 10 -16 weeks	FWB	None	Full A/PROM	Begin open chain strengthening. Swimming and Treadmill walking for exercise. Progress to Elliptical (EFX).
PHASE III 4-5 months	FWB	None	Full A/PROM	Start progressive running program. Sports specific drills.
PHASE IV 5-6 months	FWB	None	Full ROM	Continue strength training. Consider return to high impact sports