

PHYSICAL THERAPY PROTOCOL: AMZ (Anteromedialization/Tibial Tubercle Osteotomy)

Name: _____

Date of Surgery: _____

Diagnosis: _____

Signed: _____

Frequency: 2-3 times per week x 12 weeks

Phase 1 → 0-2 Weeks Post-Op

Weight Bearing:

- Heel touch weight bearing with brace on

Brace:

- On at all times, day and night
- Off for shower and exercises only

Range of Motion:

- 0 to 90 degrees at home

Exercises:

- Calf pumps, quad sets
- SLR in brace, modalities per PT discretion

Phase 2 → 2-6 Weeks Post-Op

- Heel touch weight bearing with brace
- Open from 0 to 90 degrees and wear until 6 weeks
- Progress flexion as tolerated until full ROM

Exercises:

- Progress non-weight bearing flexibility, modalities per PT discretion
- Begin floor based core, hip, and glute exercises
- Advance quad sets, patellar mobilization, and straight leg raise

Phase 3 → 6-8 Weeks Post-Op

-d/c brace

Weight Bearing:

- Advance 25% each week until full weight bearing and normalized gait pattern

Exercises:

- Advance closed chain quads, progress balance, core/pelvic and stability work
- Start stationary bike at 6 weeks
- Advance SLR, floor based exercises, and hip/core

Phase 4 → 8 Weeks-4 Months Post-Op

Exercises:

- Progress flexibility/strengthening, progression of functional balance, core, and glutes program
- Advance bike at/after 12 weeks
- May add elliptical and swimming at 12 weeks as tolerated

Phase 5 → 4-6 Months Post-Op

Exercises:

- Ensure single leg dynamic and static balance
- Glutes, pelvic stability, core, and closed chain quad program and home exercise program
- Start sport specific training after 16 weeks once cleared by Dr Makhni