

**PHYSICAL THERAPY PROTOCOL: AMZ (Anteromedialization/Tibial Tubercle Osteotomy)
with De Novo Patella/Trochlea**

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 locked in full extension, day and night except for hygiene and home exercises

Range of Motion:

- Gentle PROM 0 to 45 degrees
- CPM set at 0 to 30 degrees

Exercises:

- Calf pumps, quad sets, straight leg raise, patellar mobilization
- CPM at home 0-30 degrees

Phase 2 → 2-8 Weeks Post-Op

Weight Bearing:

- 2-6 weeks: Heel touch weight bearing with brace
- 6-8 weeks: Increase by 25% each week until full weight bearing

Brace:

- d/c at 6 weeks
- 2-4 weeks brace unlocked at 0 to 45 degrees
- 4-6 weeks progress brace to unlocked at 0 to 90 degrees

Range of Motion:

- 2-4 weeks: CPM set from 0 to 60 degrees
- 4-6 weeks: CPM set from 0 to 90 degrees
- When non-WB, can advance PROM as tolerated

Exercises:

- Weeks 2-6: add side-lying hip and core exercises, advance quad set and stretching
- Weeks 6-8: add heel raises, closed chain in gym, gait normalization, eccentric quad and hamstring. Advance core, glute, and pelvic stability

Phase 3 → 8-12 Weeks Post-Op

- Full weight bearing/as tolerated
- Full ROM

Exercises:

- Advance closed chain activities, advance hamstring work, proprioception/balance, core/pelvic/glutes and stability work
- Start stationary bike at 10 weeks

Phase 4 → 12 Weeks-6 Months Post-Op

- Full ROM and weight bearing

Exercises:

- Progress Phase 3 exercises/functional activities: walking lunges, planks, bridges, swiss ball, half-bosu exercises
- Advance core/glutes and balance
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Phase 5 → 6-12 Months Post-Op

Exercises:

- Advance all activities except those with impact (running, jumping, pivoting, etc.) until cleared by Dr Makhni