

## Anteromedialization & Tibital Tubercle Osteotomy (AMZ-TTO) Rehabilitation Protocol

	<b>Weight-bearing</b>	<b>Brace</b>	<b>Range of Motion</b>	<b>Exercises</b>
<b>Phase 1</b> 0-2 weeks	Heel touch only	On at all times during day and while sleeping  Off for hygiene and exercises	0-90° at home	Calf pumps, quadriceps tightening sets and SLR in <b>brace</b> , modalities
<b>Phase 2</b> 2-6 weeks	Heel touch only	Off at night Open 0-90°	Maintain full extension and progress flexion	Progress non-weight-bearing flexibility  Begin floor-based core, hip and gluteal strengthening  Advance quadriceps strengthening, patellar mobilization and SLR
<b>Phase 3</b> 6-8 weeks	Advance 25% weekly and progress to full with normalized gait pattern	None	Full	Advance closed chain quadriceps strengthening, progress balance, core/pelvic and stability work  Begin stationary bike at 6 weeks  Advance SLR, floor-based exercises, hip/core
<b>Phase 4</b> 8-16 weeks	Full	None	Full	Progress flexibility and strengthening, progression of functional balance, core, glutes program  Advance bike after 12 weeks Outdoor cycling, elliptical, swimming after 12 weeks
<b>Phase 5</b> 16-24 weeks	Full	None	Full	Maximize single leg dynamic and static balance  Glutes/ pelvic stability/core + closed-chain quad program and HEP independent  Begin training sport-specific drills as tolerated after 16 weeks once cleared by MD

CPM – continuous passive motion machine; SLR – Straight-leg raise;

**Matthew A. Varacallo MD**  
**Penn Highlands Healthcare – Orthopaedic Surgery & Sports Medicine**  
**145 Hospital Avenue, Suite 301**  
**DuBois, PA 15857**  
**O: 814-375-6200**  
**F: 814-375-6452**