PATIENT GUIDE · TIBIAL TUBERCLE OSTEOTOMY + MPFL RECONSTRUCTION

Your TTO + MPFL Recovery Roadmap

Keep this page. The bone has to heal before the knee can be pushed.

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Your recovery timeline

0–2 weeks — PHASE 1 · PROTECT
Brace locked straight. Crutches full time. Foot flat on the floor, partial weight only. **Start tightening your thigh muscle and doing straight-leg raises (in the brace) right away.** Therapy starts after week 1.

2–6 weeks — PHASE 2 · WEIGHT AND MOTION
Put as much weight on the leg as is comfortable, with the brace locked straight and **crutches still full time.** No-resistance bike spinning after 4 weeks. **Goals: lift the leg with no sag at the knee; bend past 90° by 4–6 weeks.**

6–12 weeks — PHASE 3 · STRENGTH
Once an X-ray confirms the bone has healed, the brace comes off. Therapy builds strength. **The strength you gain now decides when you can jog.**

3–6 months — PHASE 4 · RUNNING
Jog at 3–4 months once strength allows; full-speed running by about 6 months.

6–9 months — RETURN TO SPORT
Most athletes return at about 6 months; some need up to 9. **The calendar alone doesn't clear you.** You also need to pass strength, function and return-to-play testing with your therapist.

Protect the bone until your X-ray shows it has healed (about 6 weeks)

Why: To realign your kneecap, I move the bone where the kneecap tendon attaches and hold it with two large screws. Until it heals, **a fall, a jump or too much force can break the shinbone.**

Do not: walk without crutches, even once you're putting weight on the leg · jump, even off a curb or the last stair · rush stairs; take them one at a time, up with the good leg, down with the operated leg · kneel (to pick something up, garden or play with a pet) · squat deeply.

The first six weeks

Brace: Locked straight day and night. Remove only for therapy and showering. It stops at 6 weeks after your X-ray, all at once.

Showering: Not until your first follow-up visit (more than 7 days out). Then, if the incision looks good, shower seated.

Driving: Automatic only, never on narcotic pain medicine. Left knee: once you fit in the car. Right knee: about 7–8 weeks.

Work and school: After at least 7 days, sometimes longer.

Incision: One, at the front of the knee, with stitches

Good to know

Cartilage work: If you also had MACI or an osteochondral allograft, we protect that cartilage for at least 4–6 months, so your timeline may be slower.

Screws stay in. The bone rules also protect your new ligament. Lateral lengthening doesn't change this plan.

Sleeping: In the brace. **Ice** helps control pain.

Some patients follow a different plan; we will tell you.