

## **Tibial Tubercle Transfer + MPFL Reconstruction**



	Name:							DOB:				
	Dr: Godin							DOS	:			
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ROM	ROM & Muscle Initiation	1	2	3	4	5	6	7 7	8-13+	14-19+	20-25+	26+
TRICTIO	Flexion/Extension – wall slides											
NS	Flexion/Ext - seated/calf assisted											
ОМ	Patella/Tendon mobilization											
۸	Extension mobilization (no hyperext)											
	Quad sets											
	Hamstring sets											
S	Terminal knee extension, Straight											
	leg raise (when no quad lag)											
	Ankle pumps											
х	Bike with no resistance											
	Progress to Endurance: ROM >125°, Quad set that terminally extends the knee											
	Muscular Endurance 3 x 15, 45s								8-13+			
	Lateral band stepping											
	Single leg leg press											
	Squat progression											
	RDL											
	Tuck squat											
	Progress to strength: 14+ weeks & Q	uad	inde	\ \ \ \	70%	V L	alan	so anto	rior roach s	CRom sido t	o sido diff	oronco
	Muscular Strength 3 x 10 120s		mae	- A	070,	1 5		ce dille	nor reach	14-19+	o side din	erence
(	rest											
	Lateral band stepping											
	Single leg leg press											
	Hex bar squat											
	Kettlebell deadlift											
	Elevated split squat											
	Progress to power: 20+ weeks & Qu	ad ir	ndex	>90	)%, F	lams	string	index	>90%, Y b	alance ante	erior reach	<4cm
	side to side difference		ı	ı								
/	Muscular Power 3 x 6, 180s										20-25+	
	rest Front squat											
	Barbell deadlift											
	Split jumps											
	· · · ·											
	Sled drags	<u> </u>	L	-l:-4-		<b>-00</b>	0/ -1					
	Progress to running: 26+ weeks & Tra	pie	пор	aiste	ince	790	% OT	ипате	crea siae			041
	Running, Speed & Agility											26+
	Running progression											
	Ladder footwork drills								-			
	Forward & backward cone drills											
	Lateral cone drills										00.07	05.00
	High Level Activities										20-25+	25-28+
	Golf, outdoor biking			İ	ĺ			Ī	1			

Clearance for other activities made by Dr Godin and based on different factors including passing the included progression criteria

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