

**Dr. Craig Chike Akoh, MD**  
**AMZ (ANTEROMEDIALIZATION / TIBIAL TUBERCLE OSTEOTOMY)**  
**REHABILITATION PROTOCOL**

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<i>PHASE I</i> <i>0-2 weeks</i>	Heel touch only	On at all times during day and while sleeping Off for hygiene and exercises	0-90° at home	Calf pumps, quad sets, SLR in brace, modalities
<i>PHASE II</i> <i>2-6 weeks</i>	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 glutes work Advance quad sets, pat mobs, and SLR
<i>PHASE III</i> <i>6 weeks - 8 weeks</i>	Advance 25% weekly and progress to full with normalized gait pattern	None	Full	Advance closed chain quads, progress balance, core/pelvic and stability work Begin stationary bike at 6 weeks Advance SLR, floor-based exercises, hip/core
<i>PHASE IV</i> <i>8-16 weeks</i>	Full	None	Full	Progress flexibility and strengthening, progression of functional balance, core, glutes program Advance bike after 12 wks Outdoor cycling, elliptical, swimming after 12 wks
<i>PHASE V</i> <i>16-24 wks</i>	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

For any questions or concerns regarding the protocol or rehabilitation process please contact my Athletic Trainer below