

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

## Tibial Tubercle Osteotomy Rehabilitation Protocol

### Phase I: 0-12 Weeks

#### Weightbearing:

- o Toe-touch weightbearing (20%) with crutches (0-6 weeks)
- o Advance to full weightbearing as tolerated (6-12 weeks) pending physician clearance after radiographs reviewed

#### Hinged Knee Brace:

- o Locked in extension for all activities (including sleeping)– removed for PT and showering (0-2 weeks)
- o Week 2-4 – May unlock 0-60° for all activities except ambulation (locked at 0)
- o Week 4-6 – May unlock 0-90° for all activities except ambulation (locked at 0)
- o Wean from brace (6-8 weeks) pending physician clearance after radiographs reviewed

#### Range of Motion:

- o 0-30° Week 0-2
- o 0-60° Week 2-4
- o 0-90° Week 4-6
- o Progressive as tolerated after week 6 w/ goal of FROM by week 8

#### Therapeutic Exercises:

- o Weeks 1-6: quad sets, co-contractions, isometric abduction/adduction, ankle strength
- o Weeks 6-10: straight leg raises, partial wall sits, terminal knee extension with theraband (no greater than 45 degrees), continue previous exercises
- o Weeks 10-12: hamstring strengthening, theraband resistance 0-45 degrees, light open chain exercises, continue previous exercises

### Phase II: 12-16 Weeks

**Weightbearing:** Full with a normalized gait pattern

**Hinged Knee Brace:** None

**Range of Motion:** Full/Painless ROM

**Therapeutic Exercises:** Begin treadmill walking at slow pace, progress to balance/proprioception exercises, initiate sport-specific drills

### Phase III: 16-20 Weeks

**Weightbearing:** Full with a normal gait pattern

**Hinged Knee Brace:** None

**Range of Motion:** Full/Painless ROM

**Therapeutic Exercises:** Advance closed chain strengthening exercises, focus on single leg strength, progress to

walking forward and backward on the treadmill, initiate light plyometric training

#### **Phase IV: 5-6 Months**

**Therapeutic Exercises:** Continue strength training, emphasize single leg loading, progressive running/agility program

- o May return to impact activities/athletics at 6-12 months postop with physician clearance*