

Tibial Tubercle Osteotomy (Distal Realignment) Post-Operative Rehabilitation Protocol

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Name: _____ Date: _____

Diagnosis: _____ Date of Surgery: _____

Phase I: 0- 12 Weeks

- **Weightbearing:**
 - Toe-touch weightbearing (20%) with crutches (0-6 weeks)
 - Advance to full weightbearing as tolerated (6-12 weeks)
- **Hinged Knee Brace**
 - (0-2 weeks): Locked in extension for all activities (incl.) removed for PT and showering
 - (2-6 weeks) Unlocked for all activities – removed for PT and showering
 - (6-8 weeks) Wean from brace
- **Range of Motion:** Immediate ROM as tolerated AROM/AAROM/PROM
 - Goal of full ROM by 6 weeks
- **Therapeutic Exercises**
 - Weeks 1-6: quad sets, co-contractions, isometric abduction/adduction, ankle strength
 - Weeks 6-10: straight leg raises, partial wall sits, terminal knee extension with TheraBand (no greater than 45 degrees), continue previous exercises
 - 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
- May return to impact activities/athletics at 12--16 months post-op with physician clearance

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____