

Tibial Tubercle Osteotomy Post-operative Protocol

- I. Brace
 - a. Weeks 0-6
 - b. Keep locked in extension through week 2
 - i. If osteotomy required complete detachment, then keep locked through week 6 when ambulating
- II. ROM Minimum Goals:
 - a. 0-90 degrees by end of week 2
 - b. 0-110 degrees by end of week 4
 - c. 0-135 degrees by end of week 8
- III. Weight bearing:
 - a. FFWB/TTWB: 0-2 weeks
 - b. Partial (50%) WB: 2-4 weeks
 - c. WBAT 4-6 weeks with goal of FWB at end of week 6
- IV. Patellar Mobilization
 - a. Multiple Times/Day for 8 weeks starting POD#1
- V. Modalities
 - a. EMS/Biofeedback, Cryotherapy for 8 weeks
- VI. Stretching
 - a. Hamstrings, gastroc-soleus, IT Band, Quadriceps from POD#1 through 12 Months
- VII. Strengthening
 - a. Isometric Quadriceps, SLR: Week 0-8
 - b. Active Knee Extension: Weeks 0-12
 - c. Closed chain: Gait retraining, toe raises, wall sits, mini squats: Week 0-6 Months
 - d. Knee Flexion Hamstring curls (0-90 deg): 0-6 Months
 - e. Knee extension quads (90 to 30 deg): 0-12 Months
 - f. Hip abduction-adduction: 5 weeks to 12 Months
 - g. Leg Press (70-10 deg): Week 5-12 Months
- VIII. Proprioceptive Training
 - a. Weight-shifting, mini-trampoline, BPAS, KAT, Plyometrics: Week 4-12 Months
- IX. Conditioning
 - a. UBC: 0-4 Weeks
 - b. Stationary Bike: Week 5-12 Months
 - c. Water-walking: Week 5-12 Months
 - d. Swimming: Week 9-12 Months
 - e. Walking: Week 5-12 Months
 - f. Ski Machine: Week 5-12 Months
- X. Running: Start Week 9 if quad at 80% strength contra-lateral side
- XI. Cutting Sports/Exercises: 4-6 Months
- XII. Return to Sports: 6 Months