



## Tibial Tubercle Osteotomy Rehabilitation Protocol

**\*This exercise is to be completed in a NWB position**

	Weight Bearing	Brace	Range of Motion	Therapeutic Exercises
<b>Phase I</b> 0 - 4 weeks	Weeks 0-2: NWB Weeks 2-6: TTWB	Week 0-2: Locked in full extension, sleep in brace, remove for CPM	Week 1: 0-90° Week 2: 0-105° Week 3: 0-115° Week 4: 0-125°	Heel slides to protocol limitations, quad sets, ankle pumps, calf/hamstring stretches*, resisted plantarflexion
<b>Phase II</b> 4 - 6 weeks	Weeks 2-6: TTWB	Brace locked in full extension  Remove brace for sleeping	Week 6: Gradually pass 125°	Progress Phase I exercises  Initiate stationary bike with low resistance
<b>Phase III</b> 6 - 12 weeks	Weeks 6: 50% Weeks 7: 100%	Discontinue use when patient can perform 10 SLR without an extension lag  Fit for unloader brace	Gain full, pain free ROM	Mini-squats 0-45°, step ups, leg press 0-60°, closed chain terminal knee extension, toe raises, balance activities, hamstring curls, increase to moderate resistance on bike
<b>Phase IV</b> 3-18 months	Full with normalized gait	Unloader brace	Full, pain free AROM	Continue strength training, emphasize single leg loading, begin a progressive running/agility program  High impact activities (basketball, tennis, etc.) may begin at 16 months if pain free