Rehabilitation Protocol:
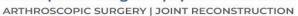
Tibial Tubercle Osteotomy (Distal Realignment)

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Orthopedic Surgeon | Sports Medicine
ARTHROSCOPIC SURGERY | JOINT RECONSTRUCTION

SAMIMI ORTHOPEDIC group

Name: _____   Date: _____

Diagnosis: _____   Date of Surgery: _____

PhaseI:0 12 Weeks

- **Weightbearing:**
    - Toe-touchweightbearing(20%)withcrutches(0-6 weeks)
        - Progress 20% every week
    - Advancetofullweightbearingastolerated(6-12 weeks)

- **Hinged Knee Brace**
    - (0-2 weeks): Lockedinextensionforallactivities(incl.) removed for PT and showering
    - (2-6 weeks)Unlockedforallactivities–removedforPTandshowering
    - (6-8 weeks)Weanfrombrace

- **Range of Motion:** Immediate ROM as tolerated, AROM/AAROM/PROM
    - Goal of full ROM by 6 weeks

- **TherapeuticExercises**
    - Weeks 16: quadsets,co-contractions,isometricabduction/adduction,anklestrength
    - 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

PhaseII:1216Weeks

- Weightbearing:Fullwithanormalizedgaitpattern
- HingedKneeBrace:None
- RangeofMotion:Full/PainlessROM
- TherapeuticExercises
    - Begintreadmillwalkingatslowpace,progresstobalance/proprioception exercises,initiate sport-specificdrills

PhaseIII:16 - 20Weeks

- Weightbearing:Fullwithanormalgaitpattern
- HingedKneeBrace:None
- RangeofMotion:Full/PainlessROM
- TherapeuticExercises:Advanceclosedchainstrengtheningexercises,focusonsinglelegstrength, progresstowalkingforwardandbackwardonthetreadmill,initiatelightplyometrictraining

PhaseIV:5- 6Months

- TherapeuticExercises:Continuestrengthtraining,emphasizesinglelegloading,progressive running/agilityprogram
- Mayreturntoimpactactivities/athleticsat12-16monthspostopwithphysicianclearance

Comments:

Frequency: 2-3 timesperweek   **Duration: 6-8 weeks**

Signature:_____   Date:_____