

NAME: \_\_\_\_\_ DOS: \_\_\_\_\_

FREQUENCY/DURATION: \_\_\_ TIMES PER WEEK FOR \_\_\_ WEEKS

### Tibial Tubercle Osteotomy (Distal Realignment)

#### Phase 1 (weeks 0-12)

- Hinged Knee brace** locked in extension for ambulation and sleeping
  - Locked in extension for all activities (including sleeping)- removed for PT and showering (0-4 weeks)
  - Unlock brace for all activities- remove for PT and showering (4-6 weeks)
  - Wean from brace (6-8 weeks)
- Weightbearing**
  - Toe touch weight bearing (20%) in extension with crutches (0-4 weeks)
  - Advance to full weight bearing as tolerated (4-8 weeks)
- Range of Motion**
  - Immediate ROM as tolerated --> PROM/AAROM/AROM as tolerated
- Therapeutic Exercises**
  - **Weeks 1-6:** Quad sets, co contractions, isometric abduction/adduction, ankle strengthening
  - **Weeks 6-10:** SLR, 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 chair exercises, continue previous

#### Phase 2 (Weeks 12-16)

- Weightbearing**
  - Full with normalized gait pattern
- Hinged Knee brace** None
- Range of Motion**
  - PROM/AAROM/AROM as tolerated
  - Maintain full extension, work on progressive knee flexion
- Therapeutic Exercises**
  - Begin treadmill walking at slow pace, progress to balance/proprioception exercises, initiation sport-specific drills

#### Phase 3 (Weeks 16-20)

- Weightbearing**
  - Full with normalized gait pattern
- Range of Motion:** None
- Therapeutic Exercises**
  - Advance closed chain strengthening exercise, focus on single leg strength, progress to walking forward and backward on the treadmill, initiate light plyometric training

#### Phase 4 (Months 5-6)

- Therapeutic Exercises**
  - Continue strength training, emphasize SL loading, progressive running/agility program
- May return to impact activities/athletics at 12-16 months post op with physician clearance**