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Tibial Tubercle Osteotomy

Date of Surgery: _____

Weight Bearing
☐NWB x _____ wks
☐TDWB x _____wks
☐PWB ___% x _____wks
☐WBAT
☐Brace Locked in Ext x ___ wks

ROM
☐Full ROM
☐Locked full ext x ____wks
☐Locked at ____° x ____wks
☐ROM limits
____° to____° x____wks
____° to____° x____wks
____° to____° x____wks
____° to____° x____wks

CPM
☐ ___° to ___° x ___wks
☐30-70° ⇧10°/d @ dir
☐None

☐**Recommended Clinical Guidelines**

WB: TDWB weeks 0-6
WBAT weeks 8+
Brace: Locked in extension weeks 0-2
ROM: 0-45 weeks 0-2
0-90 weeks 3-6
As tolerated 7-8

☐**Precautions**

No open chain hamstring curls until week 8

Weeks 0-2:
- Heel-touch weight bearing with crutches with brace locked in extension
- NO active knee extension; PASSIVE EXTENSION ONLY from 0-45 degrees with brace on
  - Active knee flexion/hamstrings ok
- Brace set from 0-45 degrees and wearing at all times except for personal hygiene
- Heel slides, quad sets, patellar mobs, ankle pumps

Weeks 3-6:
- Continue heel-touch weight bearing and exercises from weeks 0-2
- NO active knee extension, PASSIVE EXTENSION ONLY may be increased from 0-90 degrees
  - Active knee flexion/hamstrings ok
- Straight leg raise in brace with brace locked in full extension
- Focus on regaining full extension; brace may be removed at night
- Begin floor-based core, hip, gluteal work; advance quad sets and patellar mobs

Weeks 7-8:
- D/c brace and crutches as tolerated
- Advance weight bearing (25-50%/week) with goal of full weight bearing by 8 weeks
- Advance PROM → AAROM → AROM unrestricted with goal of full ROM by 8 weeks
- Stationary bike and straight leg raises; advance core/glut/hip work
- Begin closed chain quads, progress balance

Weeks 9-16:
- Progress flexibility and strengthening; continue functional balance, core/glut program
- Progress closed chain quad program

- Advance bike work after 12 weeks; elliptical and swimming allowed at 14 weeks

Months 4+:

- Impact activity progression allowed (Alter-G/pool running → normal jogging)
- Maximize single leg dynamic and static balance
- Gluteal/pelvic stability/core and closed chain quadriceps program with transition to HEP
- Sport specific training once cleared by MD