

TIBIAL TUBERCLE OSTEOTOMY REHAB PROTOCOL

Week 0 - 2

- TTWB with knee immobilizer on full time
- Knee immobilizer full time. Shower, getting wound wet, when ok by MD, typically one week post op.
- Quad sets and ankle pumps 4 times daily. NO SLR.
- Well leg stationary bicycle, and or upper extremity ergometer / aerobic program.

Week 3 - 5

- WBAT with knee immobilizer on
- Review foot and ankle mobility and mechanics.

Week 6 - 8

- DC knee immobilizer at 6 weeks
- START FORMAL P.T.**
- Closed chain strengthening quadsSLR, patellar mobs.
 - Open chain strengthening hams.
 - D/C crutches after week 4
 - Incorporate hip mobility and LE control exercises.

Week 9 - 12

- Open chain quads and hams, use McConnell taping techniques and / or cartilage retraining if patellofemoral pain present.

Week 13 - 24

- Independent or home exercise program three times per week.
- Return to sports on ok from MD.