

Tibial Tubercle Osteotomy (Distal Realignment) Post-Operative Rehabilitation Protocol

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____



Phase I: 0-12 Weeks

- **Weightbearing:** ○ Toe-touch weightbearing (20%) with crutches (0-6 weeks) ○ Advance to full weightbearing as tolerated (6-12 weeks)
- **Hinged Knee Brace:** ○ Locked in extension for all activities (including sleeping)- removed for PT and showering (0-2 weeks) ○ Unlocked for all activities - removed for PT and showering (2-6 weeks) ○ Wean from brace (6-8 weeks)
- **Range of Motion:** Immediate ROM as tolerated → AROM/AAROM/PROM: Goal of full ROM by 6 weeks post-op
- **Therapeutic Exercises:** ○ **Weeks 1-6:** quad sets, co-contractions, isometric abduction/adduction, ankle strength
 - **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



Phase II: 12-16 Weeks

- **Weightbearing:** Full with a normalized gait pattern
- **Hinged Knee Brace:** None
- **Range of Motion:** Full/Painless ROM
- **Therapeutic Exercises:** Begin treadmill walking at slow pace, progress to balance/proprioception exercises, initiate sport-specific drills



Phase III: 16-20 Weeks

- **Weightbearing:** Full with a normal gait pattern
- **Hinged Knee Brace:** None
- **Range of Motion:** Full/Painless ROM
- **Therapeutic Exercises:** Advance closed chain strengthening exercises, focus on single leg strength, progress to walking forward and backward on the treadmill, initiate light plyometric training



Phase IV: 5-6 Months

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