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REHABILITATION PROTOCOL – TIBIAL TUBERCLE OSTEOTOMY

Phase I (0-3 weeks)

Weight-Bearing: foot flat weight bearing

Brace:

- On during the day while ambulating (locked in extension)
- Off for ROM exercises (passive ROM)

ROM: 0-90 (passive and AA)

Exercises:

- Quad/hamstring sets, patellar mobilization, straight leg raises, ankle pumps, modalities

Phase II (3-6 weeks)

Weight-Bearing: as tolerated

Brace: on with ambulation (set 0-90°); discontinue as tolerated

ROM: advance as tolerated (passive and AA)

Exercises:

- Continue as above
- Focus on closed chain quad work (0-90°)
- Hip and gluteal closed/open chain work, hamstring curls, core strength

Phase III (6-12 weeks)

Weight-Bearing: full

Brace: none

ROM: full

Exercises:

- Continue as above
- Closed chain exercises with full ROM (hamstrings, quads, glutes), hamstring curls
- Proprioception exercises (unilateral stance, balance training, standing SLR)
- Stationary bike, elliptical

Phase IV: (12-26 weeks):

Weight-Bearing: full

Brace: none

ROM: full

Exercises:

- Continue as above
- Advance to eccentric exercises (hamstrings, glutes, quads)
- Elliptical, stationary bike, swimming
- Start plyometrics; advance to sport specific exercises at week 20 if cleared by Dr. Welch

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