

## REHABILITATION GUIDELINES FOR TIBIAL TUBERCLE OSTEOTOMY

### PHASE I: 0-2 weeks

- WBAT with crutches
- Brace on at all times- locked in extension
- ROM 0-90 degrees
- Exercises:
  - Calf pumps, quad sets
  - SLR in brace, modalities

### PHASE II: 2-6 weeks

- Full WB
- Brace open 0-90 degrees
  - Off at night
- ROM: progress to full
- Exercises:
  - Progress non-weight bearing flexibility
  - Begin floor-based core, hip, and glutes work
  - Advance quad sets, patella mobs, and SLR

### PHASE III: 6-8 weeks

- Full WB
- Discontinue brace
- Full ROM
- Exercises:
  - Advance closed chain quads, progress balance, core/pelvic and stability work
  - Begin stationary bike at 6 weeks
  - Advance SLR, floor-based exercise

### PHASE IV: 8-16 weeks

- Full WB
- No brace
- Full ROM
- Exercises:
  - Progress flexibility and strengthening, progression of functional balance, core, glutes program
  - Advance bike after 12 weeks
  - Add elliptical, swimming after 14 weeks

### PHASE V: 16-24 weeks

- Full WB
- No Brace
- Full ROM
- Exercises:

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- Maximize single leg dynamic and static balance
- Glutes/ pelvic stability/core + closed chain quad program and HEP independent
- Begin training sport-specific drills as tolerated after 16 weeks once cleared by MD