

## Tibial Tubercle Osteotomy

### Dr. Murphy

#### General Considerations:

- **NWB May Change per MD discretion**
- **No Return to Running/Jumping until cleared by MD**
- **Avoid open chain exercises between 40-70 degrees of flexion**

Time Frame	Considerations	Treatment	Goals
<b>NWB Phase I</b> (6-12 weeks)	<ul style="list-style-type: none"> <li>• Edema Control</li> <li>• Pain Control</li> <li>• NWB until cleared by MD.</li> <li>• Brace Locked in Extension when up</li> </ul>	<ul style="list-style-type: none"> <li>• RICE</li> <li>• Quad Sets</li> <li>• Add in hip abduction, hip adduction and hip extension when 2-3 weeks postop</li> <li>• CPM 0-30 degrees. Increase by 10 degrees/week as tolerated.</li> </ul>	<ul style="list-style-type: none"> <li>• Pain free at rest</li> </ul>
<b>WB Phase I</b>  <i>*Begins with MD clearance to progress weightbearing</i>  <i>*The length of this phase will depend on radiographic healing</i>	<ul style="list-style-type: none"> <li>• Progress WB per MD orders with brace locked in full extension</li> <li>• Progress ROM as tolerated while NWB</li> </ul>	<ul style="list-style-type: none"> <li>• Add in supine SLR</li> <li>• Closed chain quad strengthening</li> <li>• Functional strength training</li> <li>• Progress PROM as tolerated</li> <li>• Bike for ROM within restrictions, without resistance</li> <li>• Proprioception as tolerated</li> </ul>	<ul style="list-style-type: none"> <li>• Pain free at rest</li> <li>• No Lag with SLR</li> </ul>
<b>WB Phase II</b>  <i>*Begins with MD Clearance to WBAT with brace open.</i>  <i>*Length of phase depends on radiographic healing</i>	<ul style="list-style-type: none"> <li>• WBAT with brace on</li> <li>• Progress WBAT with brace off per MD orders</li> <li>• ROM to WFL</li> <li>• Ambulating with a non-antalgic Gait</li> </ul>	<ul style="list-style-type: none"> <li>• Progress to gym style exercise program with machines as indicated</li> <li>• Progressive strengthening and SL activities to regain muscular hypertrophy</li> <li>• <b>No Jumping or Running Activities</b></li> </ul>	<ul style="list-style-type: none"> <li>• Full ROM</li> <li>• Pain free ambulation</li> <li>• Pain free with exercises</li> </ul>

<b>WB Phase III</b> <i>*Begins with MD clearance to return to activity as tolerated</i>	<ul style="list-style-type: none"><li>• Full ROM</li><li>• Progress to Impact Activity</li></ul>	<ul style="list-style-type: none"><li>• Low level plyometrics (Initiate a return to jumping program)</li><li>• Progress to functional/sport specific exercise</li></ul>	<ul style="list-style-type: none"><li>• Full return to activity without restrictions per MD discretion</li><li>• Athlete needs to progress through all return to jumping and running progressions before full return to contact.</li></ul>
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