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# Physical Therapy Prescription – Tibial Tubercle Osteotomy

Name:	Date:
Procedure: R / L	Date of Surgery:
Frequency: 2-3 times per week for weeks	

PHASE I (Weeks 0 – 6): Period of protection, decrease edema, activate quadriceps

- Weightbearing: Heel-touch WB in brace locked in extension with crutches
- Hinged Knee Brace:
  - Weeks 0-2: Locked in full extension for ambulation and sleeping (remove for PT)
  - o Weeks 2-6: Unlock at 0-90° for all activities, remove when sleeping
- Range of Motion: AROM/AAROM/PROM with therapist; goal of 90° by week 2 and full ROM by week 6
- Therapeutic Exercises: calf pumps, gentle patellar mobs, quad sets, SLR in brace, begin floor-based core/glute exercises
- Modalities: Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

# Phase II (Weeks 6 – 12)

- Weightbearing: Advance 25% weekly until full WB with normalized gait pattern
- Hinged Knee Brace: Wean between 6-8 weeks; discontinue completely once good guad control
- Range of Motion: Progress to full, painless ROM by 6 weeks
- Therapeutic Exercises: Advance Phase I exercises, advance floor-based core/glute exercises; SLR without brace if good quad control, partial wall-sits, terminal knee extension with theraband 0-45°
  - Begin gentle stationary bicycle at 6 weeks
- Modalities: Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

### Phase III (Weeks 12 - 16)

- Weightbearing: Full
- Hinged Knee Brace: None
- Range of Motion: Full, painless
- Therapeutic Exercises: Advance Phase II exercises, advance closed chain quad exercises, work on functional balance and core strengthening, progress with stationary bike; start slow treadmill walking
  - Add elliptical at 12 weeks
  - Swimming allowed at 12 weeks
- Modalities: Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

# Phase IV (Weeks 16 - 24)

Advance Phase III exercises; focus on core/glutes; progress flexibility and strengthening; maximize single leg
dynamic and static balance and strength; initiate light plyometrics; improve treadmill walking

### Phase V (>6 months): Gradual return to athletic activity

- Advance Phase IV exercises; focus on single leg dynamic and static balance
- Return to sport-specific activity and impact when cleared by MD at 6 months postop

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