

Post-operative Rehabilitation for Tibial Tubercle Osteotomy

0-2 days

- Continuous passive motion (0° to 90°)
- Straight leg raising and short arc quadriceps
- Straight leg brace
- Toe touch weight bearing

1 week

- Begin closed chain kinetic and knee extension exercises
- Limit knee flexion to 90°

3-6 weeks

- Continue brace for ambulation only
- Toe touch weight bearing
- Active assisted range of motion 0° to 120°

6 weeks

- Graduate to full range of motion, goal: 70% isokinetic strength (compared to uninjured limb)
- Weight bearing as per physician instructions after review of radiographs

When 6 week goal achieved

- Functional progressive exercises

8-12 weeks

- Initiate running program

Unrestricted participation pending athletics pending radiographic evidence of healing (as judged by MD) and full strength in extremity- usually around 3-4 months.

Adapted from Shelbourne et al AJSM 1994 Vol 22., No 3