

Tibial Tubercle Osteotomy



Post-op protocol for **Daniel Myer, M.D.**

Brace Use*		<ul style="list-style-type: none"> • Immediate WBAT locked straight • Remove for sleeping after 3 weeks • WB progressive unlocking of brace: start at 6 weeks • Discontinue brace: goal by 8 weeks <p><i>* May change with another simultaneous PF alignment procedure, cartilage restoration procedure, meniscus or ligament procedure</i></p>
Phase I: Post-op	Week 1-2	<ul style="list-style-type: none"> • WBAT locked straight; crutches for safety • NWB motion 0-20 *active flexion / passive extension* • Start patellar mobs (superior, inferior, medial & lateral) • Emphasize calf, quad & hamstring sets; SLR's in brace • Modalities per therapist • Home NMES unit if available
Phase II: NWB ROM	Week 3-5	<ul style="list-style-type: none"> • Progressive NWB motion *active flexion / passive extension* Week 3: 0-30 and progress 30/week • Goal: full active flexion 0-90+ • Emphasize core strengthening • Week 5 ... ok for active extension as pain allows, SLR out of brace, no resistance
Phase III: WB ROM	Week 6-8	<ul style="list-style-type: none"> • Progressive unlocking of brace in WB Week 6: 0-30 and progress 30/week • Goal: full 0-90 ambulation and d/c brace • Stationary bike • Continue per therapist: CKC strengthening as pain allows / per patient and therapist, balance & proprioception
Phase IV: Strengthening	Week 9-15	<ul style="list-style-type: none"> • Progress CKC, (OKC per therapist/patient comfort), and continue balance / proprioception rehab • Elliptical: 10 weeks • Running program / pool / road bike: 12 weeks
Return to Sport	4+ months	<ul style="list-style-type: none"> • Agility drills and progression to HEP / Aftercare • Progress running program per therapist • Return to sport goal 5-6 months: depends on functional progression & sport specifics

Specific Instructions: