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Post-Operative Rehabilitation Guidelines for Tibial Tubercle Osteotomy

- 0-6 Weeks: Strict TDWB with crutches
 Brace Locked in extension for WB
 May remove brace for ROM/hygiene
 Unlimited ROM as tolerated (Passive, Active Assist)
 Quad sets, co-contraction, ankle pumps
- 6-12 Weeks: Advance to PWB (50%) weeks 6-8
 May advance WBAT after week 8
 Unlock brace, D/C crutches when quad function adequate.
 May wean from brace after 8 wks as tolerated.
 Full unlimited Active/Passive ROM. Advance as tolerated.
 Continue SLR, Quad sets. Advance to light open chain exercises, mini
 squats.
 Begin hamstring strength week 10.
- 12-16 Weeks Full gait with normalized pattern.
 Full ROM
 Begin treadmill walking
 Progress to balance/Proprioception exercises.
 Initiate sport specific drills
- > 16 Weeks: Advance closed chain exercises.
 Focus on single leg strength
 Begin light Plyometric program
 Emphasize single leg loading