

Physical Therapy Prescription – Tibial Tubercle Osteotomy With Cartilage Restoration

Name: _____

Date: _____

Procedure: R / L _____

Date of Surgery: _____

Frequency: 2-3 times per week for _____ weeks

PHASE I (Weeks 0 – 2): 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 at all times (remove for PT)
- **Range of Motion:** AROM/AAROM/PROM 0-45°. CPM 0-30°
- **Therapeutic Exercises:** Quad sets, patellar mobs, SLR, calf pumps at home. CPM at home.
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase II (Weeks 2 – 8)

- **Weightbearing:**
 - Weeks 2-6: Heel touch only
 - Weeks 6-8: Advance 25% weekly until full WB with normalized gait pattern
- **Hinged Knee Brace:**
 - Weeks 2-4: Unlocked 0-45°
 - 4-6 Weeks: Unlocked 0-90°. Discontinue at 6 weeks. Wean between 6-8 weeks; discontinue completely once good quad control
- **Range of Motion:**
 - Weeks 2-4: CPM 0-60°
 - Weeks 4-6: CPM 0-90° then advance ROM as tolerated when non-WB
 - Progress to full, painless ROM by 6 weeks
- **Therapeutic Exercises:**
 - Weeks 2-6: Add side lying hip and core, advance quad set and stretching
 - Weeks 6-8: Addition of heel raises, total gym (closed chain), gait normalization, eccentric quads, eccentric hamstring. Advance core, glutes and pelvic stability.
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase III (Weeks 8 – 12)

- **Weightbearing:** Full
- **Hinged Knee Brace:** None
- **Range of Motion:** Full, painless
- **Therapeutic Exercises:** Progress closed chain activities. Advance hamstring work, proprioception/balance exercises; hip/core/glutes.
 - Begin stationary bike at 10 weeks.
 - Add elliptical at 12 weeks
 - Swimming allowed at 12 weeks
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase IV (Weeks 12 – 24)

- Advance Phase III exercises and functional activities: walking lunges, planks, bridges, swiss ball, half-bosu exercises. Advance core/glutes and balance.

Phase V (>6 months): Advance to all activity. No impact such as running, jumping, pivoting, sports until cleared by MD.

Signature: _____

Date: _____