

## Anteromedialization/Tibial Tubercle Osteotomy Rehab Protocol

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

DOS: \_\_\_\_\_

Frequency:      1 2 3 4 times/week

Duration:      1 2 3 4 5 6 weeks

### Phase 1 (0-2wks):

- Weight bearing: NWB
- Brace: Worn at all times, remove for hygiene and exercises
- ROM: Focus on gaining terminal extension
  - Locked in extension for initial 48 hours after surgery
  - ROM opened 0-90° after 48 hours
- Exercises: Calf pumps, quad sets, SLR in brace, modalities

### Phase 2 (2-6wks)

- Weight bearing: TTWB
- Brace: May be removed at night.
- ROM: Maintain full extension and advance knee flexion ROM
  - Brace ROM 0-90° degrees weeks 2-4.
  - Brace opened to full ROM 0-120° weeks 4-6.
- Exercises: Progress NWB flexibility, begin floor-based core, hip and gluteal work, advance quadriceps sets, patellar mobilizations and SLRs.

### Phase 3 (6-8wks)

- Weightbearing: Advance 25% weekly and progress to FWB with normalized gait pattern
- Brace: None
- ROM: Full
- Exercises: Advance closed chain quads, progress balance, core/pelvic and stability work. Begin stationary bike at 6wks. Advance SLR, floor based exercises, hip/core

### Phase 4 (8-16wks)

- Weightbearing: Full
- Brace: None
- ROM: Full
- Exercises: Progress flexibility and strengthening, progression of functional balance, core, glutes program; advance bike after 12wks; outdoor cycling, elliptical, swimming after 12wks

### Phase 5 (16-24wks)

- Weightbearing: Full
- Brace: None
- ROM: Full
- Exercises: Maximize single leg dynamic and static balance; glutes/pelvic stability/core + closed chain quad program and HEP independent; Begin training sport specific drills as tolerated after 16wks once cleared by MD