

Osgood-Schlatter Debridement (Tibial Tubercle Ossicle Excision) Rehab Protocol

Patient Name: _____ Date: _____

Diagnosis: _____ DOS: _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 weeks

Phase 1 (0-6 weeks)

- Goals: Control swelling, restore neuromuscular communication loops, prevent kinesiphobia; gait training
- Modalities: Compressive cyrotherapy, e-stimulation
- Weightbearing: May begin weight bearing with hinged brace locked in extension, using crutches
- Brace:
 - Locked in extension full-time 24 hours per day for initial 48 hours.
 - After 48 hours begin progressive ROM for exercises.
 - Brace locked at all times weight bearing.
- ROM:
 - Initial 0-2 weeks: 0-30°
 - Weeks 2-4 advance to 0-60°
 - Weeks 4-6 advance to 0-90°
- Exercises:
 - 0-2wks: Quad sets, SLR, calf pumps, passive leg hangs to 45deg at home
 - 2-6wks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and gluteal sets, SLR, side-lying hip and core

Phase 2 (6-8 weeks)

- Weightbearing: Full
- Brace: Begin to wean from brace after 6 weeks. Advocate to continue in uncontrolled settings or adverse weather.
- ROM: Full 0-120°
- Exercises: Advance Phase 1 exercises. Progress weightbearing flexibility, begin toe raises and closed chain quad work. Begin floor-based core and glutes work, balance exercises, hamstring curls and stationary bike

Phase 3 (6-12wks)

- Weightbearing: Full
- Brace: None
- ROM: Full
- Exercises: Progress closed chain activities. Begin hamstring work, lunges/leg press 0-90 degrees, proprioception exercises, balance/core/hip/glutes. Begin stationary bike when able. Swimming okay to 8wks.

Phase 4 (12-20wks)

- Weightbearing: Full
- Brace: None
- ROM: Full
- Exercises: Progress phase 3 exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical and bike. Advance to sport specific drills and running/jumping after 20wks once cleared by MD.