

Tibial Tubercle Osteotomy Postop Protocol

Core Rehabilitation Guidelines

- Crutches for 6 weeks and no weight bearing – only allowing the foot to rest on the ground for balance when standing
- Brace locked in full extension when walking with crutches; can remove for sleep only after week 2. You can remove the brace when you're resting (i.e. sitting) to work on gently bending your knee with your own power.
- By week 6, you can begin transitioning to full weight bearing, weaning off crutches, and furthering your range of motion. You will still need your brace for another 2 weeks.
- At the week 8 mark, you can come out of your brace and begin strengthening
- You can start high impact activities around 6 months
- These are just *guidelines* and everyone goes at their own pace

Specific Timeline: 0-6 Weeks

- **Emphasize**
 - Weight bearing precautions
 - Home exercise program
 - Avoiding pain with therapeutic exercise and functional activities
 - Prevent quadriceps inhibition
 - Exercises: Quad sets, heel slides, ankle pumps, gravity assisted knee flexion
- Weight bearing
 - NWB with foot rest on the ground for balance when standing
- Brace
 - Locked in full extension while walking
 - Remove while sleeping after 2 weeks
 - Take off or unlock the brace while resting
- Range of motion
 - 0-90 degrees
 - Keep up with range of motion 0-90 degrees by week 2-3
 - Focus on regaining full extension
 - Place Towel under ankle (NOT the knee)
- Other
 - Physical therapy should begin one week postop
 - Take aspirin daily as prescribed
 - Keep bandages on until the first postop week
 - Bruising and swelling is normal, even down to the ankle
 - Elevate the leg and perform ankle pumps
 - Apply ice 4-6 times a day for 20 minutes on and 60 minutes off
 - Do not apply it directly to the skin (frostbite concern)

Specific Timeline: 6-8 Weeks

- Weight bearing
 - Transition to full weight bearing
 - Use crutches until your therapist discontinues
- Brace
 - Unlocked for ambulation but keep on at all times
 - Okay to keep removed while sleeping
- Range of motion
 - Full, important to normalize but do not cause pain doing so
- Other
 - Normalize gait
 - Continue improving ROM, stationary bike.
 - Patellar mobilization is **critical**
 - No open chain knee extension.

Specific Timeline: 8-12 Weeks

- Weight bearing
 - Full weight bearing
- Brace
 - As needed
- Range of motion
 - Full
- Other
 - PT/HEP: LE strength progression within parameters from PT/physician.
 - Continue/normalize phase I exercises as needed
 - Continue improving ROM, stationary bike with resistance as appropriate

Specific Timeline: 13-22 Weeks and Beyond

- Weight bearing
 - Full weight bearing
- Brace
 - As needed
- Range of motion
 - Full
- Other
 - Emphasize patient compliance to maintenance strength program
 - Avoid pain with therapeutic exercise & functional activities.
 - 24+ Weeks - Avoid running until adequate strength development and as advised by your PT and/or physician.
 - You don't have to have the screws removed. However, if you would like to, the procedure is done after the osteotomy is well-healed, typically around the 8 to 9 months mark. This is a simple same-day procedure done in the OR.