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Tibial Tubercle Osteotomy Rehab Protocol

X = Perform exercise

Week

		1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Range of Motion 0-30° weeks 0-2 0-60° weeks 2-4 0-90° weeks 4-6 Full ROM after Brace Settings (while not in PT) Locked in full extension X 6 weeks Weight Bearing Status TDWB x 6 weeks	Initial Exercises															
	Flexion/Extension - wall slides	X	X	X	X	X	X	X	X							
	Flexion/Extension – seated	X	X	X	X	X	X	X	X							
	Patella/Tendon mobilization	X	X	X	X	X	X	X	X							
	Extension mobilization	X	X	X	X	X	X	X	X							
	Quad series	X	X	X	X	X	X	X	X							
	Hamstring sets	X	X	X	X	X	X	X	X	X						
	Sit and reach for hamstrings - gentle	X	X	X	X	X	X	X	X	X						
	Ankle pumps	X	X	X	X	X	X	X	X	X						
	Toe and heel raises								X	X	X					
	Balance series								X	X	X	X	X	X	X	X
	Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
	Bike/Rowing with well leg	X	X	X	X	X	X	X	X							
	Bike with both legs – no resistance							X	X	X	X					
Bike with both legs - resistance									X	X	X	X	X	X	X	
Aquajogging									X	X	X	X	X	X	X	
Treadmill – walking 7% incline									X	X	X	X	X	X	X	
Swimming with fins									X	X	X	X	X	X	X	
Elliptical trainer											X	X	X	X		
Rowing											X	X	X	X		
Stair stepper												X	X	X		
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24		
Double knee bends								X	X	X	X	X	X			
Double leg bridges								X	X	X	X					
Reverse lunge – static hold								X	X	X	X					
Beginning cord exercises								X	X	X	X					
Balance squats										X	X	X	X	X		
Single leg deadlift										X	X	X	X	X		
Leg press										X	X	X	X	X		
Sports Test exercises										X	X	X	X			
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24		
Running progression														X	X	
Initial – single plane														X	X	
Advance – multi directional														X	X	
Functional sports test														X	X	

Week 1(Day 1-7)
 Week 2(Day 8-14)
 Week 3(Day 15-21)
 Week 4(Day 22-28)



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High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	24	28
Golf													X	X
Outdoor biking, hiking													X	X
Skiing, basketball, tennis, football, soccer														X