



Tibial Tubercle Osteotomy/Distal Realignment Rehabilitation Program

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Diagnosis: Right / Left Tibial tubercle Osteotomy _____

Date of Surgery: _____

Weeks 0-12 (Phase I):

- Weightbearing
 - 0-6 weeks: Toe-touch weight bearing (TTWB)
 - 6-8 weeks: Progress WB slowly to FWB with crutches
- Brace/ROM
 - 0-2 weeks: Brace locked in full extension for all activities (remove for hygiene)
 - 2-4 weeks: Unlock brace, progress ROM as tolerated
 - 6-8 weeks: wean out of brace when full WB
- Exercise
 - 0-6 weeks: Quad sets, patellar mobs, SLRs, ankle pumps, resisted ankle movements
 - 6-12 weeks: Progress exercises, partial wall sits, progress knee ROM, Stationary bike
 - 10-12 weeks: Hamstring strength, light open chain exercises
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Weeks 12-16 (Phase II):

- Full WB and full gait normalized gait pattern without crutches
- No brace
- Begin treadmill walking at slow pace
- Progress balance and proprioception exercises

Months 4-5 (Phase III):

- Advance closed chained exercises, strength
- Focus on single leg strength
- Progress walking and backward movement
- Initiate light plyometrics

Months 5-6 (Phase IV):

- Continue strengthening, emphasize single leg loading
- Progress running/agility program
- Return to high impact activities at 6-9 months if ok per Dr. Nuelle

For more information please visit: www.tsaog.com/drnuelle