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

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