

Isolated Tibial Tubercle Osteotomy

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0-6	<ul style="list-style-type: none"> Manage swelling and pain Protect surgical site Achieve and maintain good quad activation <ul style="list-style-type: none"> SLR no lag Symmetric knee extension by week 2 Moderate irritability of knee <ul style="list-style-type: none"> Swelling is improving <5/10 pain 	<ul style="list-style-type: none"> Weight bearing <ul style="list-style-type: none"> Weeks 0-6 TWB Locked in extension while WB ROM restrictions: <ul style="list-style-type: none"> 0-90 degrees for 2 weeks Progressive ROM per tolerance Do not force motion 	<ul style="list-style-type: none"> PRICE Quadriceps activation and strength should be emphasized OKC hip strengthening in all planes Cryotherapy/Modalities as indicated Initial visit: FOTO, LEFS PRO
Weeks 6-12	<ul style="list-style-type: none"> Progress to full symmetric ROM Ambulate community distances by 12 weeks Anterior Y-balance <4 cm difference Low irritability of knee <ul style="list-style-type: none"> Minimal swelling with activities <2/10 pain 	<ul style="list-style-type: none"> WBAT progressing to FWB D/c immobilizer once SLRs with no lag Progressive ROM Avoid excessive patellar loading (deep knee flexion) No running, cutting, pivoting 	<ul style="list-style-type: none"> Begin CKC strengthening (avoid anterior knee pain) CKC strengthening: <ul style="list-style-type: none"> 6-8 weeks limit loaded knee flexion angle to 45 degrees 8+ weeks limit loaded knee flexion angle to 90 degrees Initiate exercise bike at 6 weeks Cryotherapy/Modalities as indicated Week 6: FOTO, LEFS PRO
Weeks 12-20	<ul style="list-style-type: none"> Restore total leg strength Return to run protocol at 12 weeks with MD approval Isokinetic score of 70% 	<ul style="list-style-type: none"> Slowly progress impact and plyometric activities as muscle strength allow Avoid excessive loading of anterior knee 	<ul style="list-style-type: none"> Progress CKC, single leg, multi-planar, and with resistance as tolerated Initiate a run/walk program at 12 weeks Start sports specific drills/training after 18 weeks Cryotherapy/Modalities as indicated Week 12: FOTO, LEFS PRO
Weeks 20+	<ul style="list-style-type: none"> Performance/RTS testing Isokinetic score of 90% SL vertical jump 90% Triple hop 90% 	<ul style="list-style-type: none"> Return to sport progression per MD clearance 	<ul style="list-style-type: none"> Sports specific training Week 20: FOTO, LEFS PRO

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process.
 Each patient’s progress may vary based on specifics to their injury and procedure.