



## Tibial Tubercle Osteotomy Rehab Protocol

X = Perform exercise

Week

		1	2	3	4	5	6	7	8	9	10	12	16	20	24
<b>Range of Motion</b>	<b>Initial Exercises</b>														
	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					
<b>Brace Settings</b> (while not in PT)	Balance series							X	X	X	X	X	X	X	X
	<b>Cardiovascular Exercises</b>	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
	Aquajogging									X	X	X	X	X	X
	Treadmill – walking 7% incline									X	X	X	X	X	X
	Swimming with fins									X	X	X	X	X	X
	Elliptical trainer											X	X	X	X
	Rowing											X	X	X	X
<b>Weight Bearing Status</b>	Stair stepper											X	X	X	
	<b>Weight Bearing Strength</b>	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
<b>TIME LINES</b>	<b>Agility Exercises</b>	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
	<b>High Level Activities</b>	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

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