



**TIBIAL TUBERCLE OSTEOTOMY (DISTAL REALIGNMENT)  
 POST-OPERATIVE REHABILITATION PROTOCOL**

\_\_\_\_\_  
**Name**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Diagnosis**

\_\_\_\_\_  
**Date of Surgery**

**Phase I: 0-12 Weeks**

• **Weightbearing:**

- o Toe-touch weightbearing (20%) with crutches (0-6 weeks)
- o Advance to full weightbearing as tolerated (6-12 weeks)

• **Hinged Knee Brace:**

- o Locked in extension for all activities (including sleeping)– removed for PT and showering (0-2 weeks)
- o Unlocked for all activities – removed for PT and showering (2-6 weeks)
- o Wean from brace (6-8 weeks)

• **Range of Motion:** Immediate ROM as tolerated AROM/AAROM/PROM: Goal of full ROM by 6 weeks post-op

• **Therapeutic Exercises:**

- o **Weeks 1-6:** quad sets, co-contractions, isometric abduction/adduction, ankle strength
- o **Weeks 6-10:** straight leg raises, partial wall sits, terminal knee extension with theraband (no greater than 45 degrees), continue previous exercises
- o **Weeks 10-12:** hamstring strengthening, theraband resistance 0-45 degrees, light open chain exercises, continue previous exercises

**Phase II: 12-16 Weeks**

• **Weightbearing:** Full with a normalized gait pattern

• **Hinged Knee Brace:** None

• **Range of Motion:** Full/Painless ROM

• **Therapeutic Exercises:** Begin treadmill walking at slow pace, progress to balance/proprioception exercises, initiate sport-specific drills

**Phase III: 16-20 Weeks**

• **Weightbearing:** Full with a normal gait pattern

• **Hinged Knee Brace:** None

• **Range of Motion:** Full/Painless ROM

• **Therapeutic Exercises:** Advance closed chain strengthening exercises, focus on single leg strength, progress to walking forward and backward on the treadmill, initiate light plyometric training

**Phase IV: 5-6 Months**

• **Therapeutic Exercises:** Continue strength training, emphasize single leg loading, progressive running/agility program

o **May return to impact activities/athletics at 12-16 months postop with physician clearance**

**Comments:**

**Frequency:** \_\_\_\_\_ times per week      **Duration:** \_\_\_\_\_ weeks

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_