

## Physical Therapy Prescription Tibial Tubercle Osteotomy

**Patient Name:**

**Today's Date:**

**Dx: s/p ( LEFT / RIGHT ) PATELLAR REALIGNMENT + or - MPFL-R**

**Procedure: TIBIAL TUBERCLE OSTEOTOMY / PROXIMAL / DISTAL REALIGNMENT with or without MPFL-R**

### WEEK 1

- Full Extension in Bledsoe Brace locked @ 0 degrees
- Ambulate TTWB with Bledsoe Brace locked @ 0 degrees
- Dressing change
- Cryotherapy prn
- Passive ROM 0 – 90 degrees

### WEEK 2-6

- Progress ROM in Bledsoe to 0 – 60 degrees as Quad tone and strength increase over 6 week period
- Ambulate WBAT in Bledsoe Brace initially @ 0 degrees. May unlock brace 0-20 with ambulation at 4 weeks
- Passive ROM 0 – 120 degrees MAX (Active Flexion / Passive Extension) NO ACTIVE RESISTED EXTENSION
- Straight Leg Raises (in Bledsoe) / Quad Sets
- SL balance on stable surface at 4 weeks. May do multi-directional weight shifts
- Stationary Bike – OK out of Bledsoe Brace (low ROM, raised seat, NO RESISTANCE)
- Biofeedback Unit (E-stim to Quads may be used if Biofeedback not available)
- Core and hip stability

### WEEK 6-12

- WBAT, Advance assistive device as tolerated – Crutches > Cane > None
- Discontinue use of brace
- Begin Active Extension, progress to full ROM as tolerated
- Continue Stationary Bike
- Begin CKC strengthening progressing to full arc as tolerated. Focus posterior chain.
- Proprioception exercises on unstable surface with perturbations
- Continue to progress hip and core stability program
- Begin sagittal plane strength and motions (Lateral walks, monster walks, side steps with cable, etc.)

### WEEK 12-18

- May begin in-line jogging program if quad strength is symmetric on eccentric step-down test
- Continue LE CKC strengthening progressing to multi-planar movements as tolerated
- No plyometrics or sport specific cutting drills until 4.5 months post op
- Continue with CKC strength focused on posterior chain
- Assess posture and functional movement patterns. Corrective exercise as needed.
- Begin frontal and sagittal plane agility drills
- Continue core and hip stability progressing to multi-planar movements

### WEEK 18+

- Progress running program to straight line sprinting
- Introduce cutting drills with 3 planes of motion (pivoting okay)
- Olympic lifting and triple extension exercise okay
- Continue progression of all exercises above

**Frequency & Duration:** (circle one) 1-2 2-3 x/week for \_\_\_\_\_ weeks

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_ **M.D.**