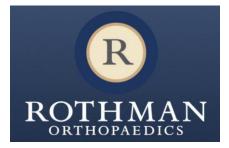
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## **Tibial Tubercle Osteotomy Physical Therapy Protocol/Prescription**

Surgery: s/p Right/Left Tibial Tubercle Osteotomy w/ MPFL Reconstruction

Date of Surgery:\_\_\_\_\_

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

## **WEEKS 0-2**

- \_\_\_\_ Full Extension in Bledsoe Brace locked @ 0 degrees
- \_\_\_\_ Ambulate NWB with Bledsoe Brace locked @ 0 degrees
- \_\_\_\_ Dressing change
- \_\_\_\_ Cryotherapy prn
- \_\_\_\_ Passive ROM 0 90 degrees
- \_\_\_\_ Calf pumps, quad sets SLR in brace, modalities

## WEEKS 2-6

- Progress ROM in Bledsoe to 0-60 degrees as Quad tone and strength increase over 6 week period
- \_\_\_\_ Ambulate TTWB in Bledsoe Brace
- \_\_\_\_ Passive ROM 0 120 degrees MAX (Active Flexion / Passive Extension) NO ACTIVE EXTENSION
- \_\_\_\_ Straight Leg Raises (in Bledsoe) / Quad Sets
- \_\_\_\_ Quadriceps Isometrics @ 90 degrees
- \_\_\_\_\_Biofeedback Unit (E-stim to Quads may be used if Biofeedback not available)
- \_\_\_\_\_Begin floor-based core, hip and glutes work Advance quad sets, pat mobs, and SLR

## WEEK SIX AND BEYOND

- \_\_\_\_ Advance 25% weight bearing weekly and progress to full with normalized gait pattern
- \_\_\_\_ Advance assistive device as tolerated Crutches > Cane > None
- \_\_\_\_ Out of Bledsoe once adequate quadriceps control
- \_\_\_\_ Begin Active Extension
- \_\_\_\_ Continue SLR, Quad Isometrics
- \_\_\_\_ Begin stationary bike at 6 weeks
- \_\_\_\_ Outdoor cycling, elliptical, swimming after 12 wks
- \_\_\_\_ Modalities prn
- \_\_\_\_\_ Advance closed chain quads, progress balance, core/pelvic and stability work
- \_\_\_\_ Advance SLR, floor-based exercises, hip/core
- \_\_\_\_ Begin training sport-specific drills as tolerated after 16 weeks

Comments:

	Functional Capacity Evaluation		_Work Hardening/Work Conditioning		X Teach HEP		
_X	Electric Stimulation	Ultrasound	Iontophoresis	Phonophoresis	TENS	X	Heat before
_X	Le afterTrigger points massage		Therapist's discretion				

Signature\_\_\_\_\_ Date\_\_\_\_\_