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Tibial Tubercle Osteotomy Physical Therapy Protocol/Prescription

Patient Name: _____

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__ Ice after ___ Trigger points massage ___ Therapist's discretion

Signature _____ Date _____