



Tibial Tubercle Osteotomy Protocol: Dr. Nick Sexton

	WEIGHT BEARING STATUS	BRACE	ROM	EXERCISES
Phase I 0-2 weeks	Heel touch with brace locked in extension	On at all times except for hygiene and exercises	0-90° PROM for extension, AROM for flexion	Quad Sets, Calf pumps. Patellar mobs, modalities. NMES for quad activation. May do BFRT
Phase II 2-6 weeks	Heel Touch Only	May remove at night Set at 0-90°	Maintain full extension with PROM and progress flexion.	Progress non-weight bearing flexibility. Begin floor- based core, hip and glutes work Advance quad Sets & patellar mobilizations.
Phase III 6-8 weeks	Advance 25% weekly to full with normalized gait pattern	None	Full ROM	Advance closed chain quads, progress balance, core/pelvic and stability work Begin stationary bike at 6 weeks Advance SLR, floor based exercise.
Phase IV 8-16 weeks	Full WB	None	Full ROM	Progress flexibility and strengthening progression of functional balance, core, glutes program. Advance bike after 12 weeks Add elliptical, swimming after 12 weeks.

Date Modified: 5/30/23

Phase V 16-24 weeks	Full WB	None	Full ROM	Maximize single leg dynamic and static balance Glutes/pelvic stability/core + closed chain quad program and HEP independently. Begin training sport specific drills as tolerated after 16.
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