



## Rehabilitation Protocol: Distal Re-alignment (Tibial Tubercle Osteotomy)

	Weight Bearing	Brace Use	Range of Motion	Therapeutic Elements
<b>PHASE I</b> 0 -2 weeks	Non-weight bearing (NWB) with crutches.	Locked in extension. Remove for CPM and exercises.	Advance as tolerated. Goal: at least 90 degs by 4wks, 120 degs by 6wks.	Quad sets, hamstring isometrics, co-contractions, ankle pumps. Regain full extension. Modalities: heat before, ice after. Quad stim.
2-6 weeks	Touch-down (TDWB) with crutches.	Brace progressively opened to 90 degs.	PROM: 90 degs flexion at each therapy session.	
6-8 weeks	As tolerated (WBAT), wean off crutches.	Discontinue brace if patient has controlled SLR without extension lag.	Progress to full ROM.	SLR. Begin progressive closed chain exercise. Bicycle.
8-10 weeks	Full weight (FWB) with normal gait.	None.	Full A/PROM.	Advance closed chain exercise. Balance exercises.
<b>PHASE II</b> 10 -16 weeks	FWB.	None.	Full A/PROM.	Begin open chain strengthening. Swimming and Treadmill walking for exercise. Progress to Elliptical (EFX).
<b>PHASE III</b> 4-5 months	FWB.	None.	Full.	Start progressive running program. Sports specific drills.
<b>PHASE IV</b> 5-6 months	FWB.	None.	Full.	Continue strength training.  Consider return to high impact sports.

### LOCATIONS

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