



KNEE TIBIAL TUBERCLE OSTEOTOMY / TRANSFER POST-OPERATIVE GUIDELINES

***If concomitant MPFL repair/reconstruction performed, use this protocol for WB/ROM guidelines.**

***If concomitant distal femur osteotomy performed, defer to DFO protocol for WB restrictions but use this protocol for ROM / exercise guidelines.**

	WB / ROM	Brace	Exercises
Phase I 0 – 4 weeks	20 lb. flat-foot WB with crutches ROM: Week 0: 0 – 30 Week 1: 0 – 60 Week 2: 0 – 90 Weeks 3-4: 0 – 120	0 – 2 weeks: locked in full extension for ambulation and sleep 2 – 4 weeks: locked in extension for ambulation, 0-90 for sleep	Modalities as needed Quad sets, SLR (brace locked in full extension), quad e-stim, hip adduction, patellar mobilization (no lateral glides), gastroc/soleus stretch (NWB)
Phase II 4 – 6 weeks	20 lb. FFWB, progress to full. Wait until 6 weeks if distalization performed. ROM: full A/PROM	Continue brace at all times, unlocked for ambulation and sleep	Quad sets, SLR (brace locked in full extension), patellar mobilization (no lateral glides), gastroc/soleus stretch (WB) Stationary bike Proprioception training
Phase III 6 – 8 weeks	WBAT, full ROM	Transition to lateral stabilizer if needed.	Closed chain strengthening Stationary bike → elliptical Proprioception training
Phase IV 8 – 16 weeks	WBAT, full ROM	None	Advance closed chain strengthening, proprioceptive training Running in-line at 12 weeks
Phase V 4 – 6 months	WBAT, full ROM	None	Advance strengthening, proprioception training Sport-specific drills, return to sport when > 85% isokinetic strength compared to contralateral LE