



Cartilage Repair Center

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Tibial Tubercle Osteotomy

Stage 3 - (13+ weeks)

PRIMARY GOALS

DO NOT OVERLOAD GRAFT

INCREASE TIBIAL FEMORAL AND PATELLA FEMORAL MOBILITY

RESTORE QUADRICEPS CONTROL

BRACE

- ◆ Not needed

GAIT

- ◆ work towards full WBAT with cane as needed
- ◆ NO active extensions

ROM

- ◆ Progress towards full ROM equal to contra-lateral side

THEREX

- ◆ Stationary bicycling with very low resistance as tolerated
- ◆ Treadmill forward/retro-walking, Nordic track and elliptical machine permitted
- ◆ Pool exercise- flutter/straight leg scissor kick and running in water permitted
- ◆ Continue gentle closed-chain LE strengthening through functional range - terminal knee extension 0-40 degrees and 120-70 degrees extension from flexed position
- ◆ Full active flexion with resistance permitted
- ◆ Open-chain terminal extension with resistance **not** permitted

THERAPY

- ◆ Continue multi-directional patella mobilization as needed
- ◆ Continue cryo-therapy and STM for edema control
- ◆ E-stim for VMO/quadriceps muscle re-education/biofeedback as needed
- ◆ STM to scar, hamstring insertions, quadriceps, patella gutters, and supra/intra-

patellar regions

COMMENTS

- ◆ Activity level should be modified if increased pain, catching, or swelling occurs
- ◆ Avoid activity/exercises with excessive patellofemoral compressive forces
- ◆ **No running or jumping permitted until 9-12 months after surgery**

Rx: Physical Therapy 1-3x/week x 8-12 weeks



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