



Cartilage Repair Center

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Tibial Tubercle Osteotomy

Stage 2 - (7-12 weeks)

PRIMARY GOALS

INCREASE TIBIAL FEMORAL AND PATELLA FEMORAL MOBILITY

RESTORE QUADRICEPS CONTROL

BRACE	♦Not needed
GAIT	♦Touch down weight-bearing with cane as needed for 4 more weeks
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 ♦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 ♦Ultrasound to insertions. ♦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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