

Tibial Tubercle Realignment Rehabilitation Protocol

Ethan M. Healy, M.D.

General goals:

1. Full extension by 2 weeks
 2. Flexion 0-90 degrees by 6 weeks
 3. Flexion 0-120 degrees by 3 months
 4. Brace is locked in full extension for ambulation for the first 6 weeks post-op
- Driving: Left leg @ 2 weeks, Right leg @ 4-6 weeks

Post-op Rehabilitation Protocol – Tibial Tubercle Realignment

Phase 1 (Weeks 0-2):

Goals: Decrease inflammation/pain, proper use of brace

Treatment plan:

- CPM unit, progress range of motion to 0-90
- Swelling Control (ice/compression)
- Brace in place and locked in extension with all ambulation
- Initiate quadriceps and hamstring muscle activation and general leg control
- Quad sets, SLR, heel slides, isometric hamstring/quadriceps contraction, ankle pumps, WBAT with crutches

Phase 2 (Weeks 2-6):

Goals: Full knee ROM in extension and flexion, progress quadriceps/hamstring strengthening, independent mobility

Treatment plan:

- Continue with inflammation/pain control
- Full knee ROM (half to full revolution on exercise bike)
- PRE (no direct quadriceps strengthening until 6 weeks post-op, isometrics and against-gravity ok)
- Continue brace locked in extension with all ambulation until post-op week 6

Phase 3 (Weeks 6-12):

Goals: Full lower extremity strengthening/conditioning program, Full activity in gym avoiding open chain/full arc exercises

Treatment plan:

- Progress CKC strengthening
- Dynamic balance training