

Post-operative Tibial Tubercle Osteotomy Protocol

First 7-10 days

Keep brace on and locked in full extension for 4 weeks.

Use crutches for partial weight bearing only.

Change dressing on second day after surgery and replace with dry dressing.

Perform calf pumps three times each day (10-20 repetitions each time).

Use ice pack/cryocuff 3 times each day for 15 minutes each time.

Keep wound/dressings dry. No showers for seven days and no baths for 3 weeks or until wounds are healed fully. May use saran wrap or other plastic bag (garbage bag) to keep wound dry if you want to shower sooner.

Pain medication and an antibiotic will be prescribed.

Avoid anti-inflammatories for the first six weeks after surgery.

First week to 8 weeks

At first clinic visit:

- Brace for a total of 6-8 weeks.
- Full weight bearing at 3 weeks with brace locked in full extension.
- Sutures/staples will be removed and may start showering. No baths or pools for 3 weeks after surgery.
- You do not need to wear dressing if the brace does not rub against the wound.
- Steri-strips will fall off on their own. If not, pull them off gradually one week after they are placed.
- Continue swelling control with ice and compression.

Exercises:

- Start heel slides at 4 weeks with a goal of 90 degrees by 6 weeks.
- Start straight leg raises at 6 weeks.

8 weeks to 12 weeks

Goal is to increase to full range of motion, start quadriceps strengthening, and weight bear fully with a brace. PT goals (Improve ROM, initiate strengthening):

- Obtain full knee flexion by 10 weeks.
- Closed chain quadriceps strengthening added straight leg raises at 8 weeks.
- Open chain hamstring strengthening added at 6-8 weeks.
- Calf strengthening continues.

Exercises:

- Wall slides and mini-squats to 45 degrees (closed chain 0-45)
- Hamstring curls with low weights 0-90. Progress gradually to higher weights by 12 weeks
- Toes raises, step ups.
- May ride exercise bike.
- Pool walking

3 to 6 months

PT goals:

Continue all previous exercises to progress to full strength of quadriceps and hamstrings

Exercises:

- Elliptical trainer at 3-4 months
- Start jogging at 6 months
- No cutting maneuvers

6 – 9 months

Goals:

Return to full activity.

Exercises:

Begin with sport-specific exercises and cutting maneuvers and progress to playing over 1-6 weeks.

Additional instructions:

If the right leg is the operative leg, you may not drive an automatic transmission vehicle for 6 weeks.

If the left leg is the operative leg, you may drive an automatic transmission vehicle after having stopped using narcotic pain medication.

May return to sedentary desk work in one week.

May return to work requiring standing gradually over 6-8 weeks.

May return to heavy labor in 6-8 months.

Duration and frequency of PT:

For week 1-8 (14 visits): supervised 2x/week. Perform exercises on your own 5-7 days/week

For week 8-12 (4 visits): supervised 1x/week. Perform exercises on your own 3-5 days/week

For weeks 12-24 (3 visits): supervised 1x/month. Perform exercises on your own 3-5 days/week