

Center for Athletic Medicine  
*Dr. Preston Wolin*  
Tibial Tubercle Osteotomy Protocol  
Adapted from, *Shelbourne et al AJSM 1994 Vol 22, No 3*

~Please call 773.248.4150 with any and all questions~

Post op 0-2 days:

- Continuous passive motion (0° to 90°)
- Straight leg raising and short arc quadriceps
- Straight leg brace
- Toe touch weight bearing

Post op Week 1:

- Begin closed chain kinetic and knee extension exercises
- Limit knee flexion to 90°

Post op Week 3 to 6:

- Continue brace for ambulation only
- Toe touch weight bearing
- Active assisted range of motion 0° to 120°

At 6 weeks:

- Graduate to full range of motion, goal: 70% isokinetic strength (compared to uninjured limb)
- Weight bearing as per physician instructions after review of radiographs

When 6 week goal achieved:

- Functional progressive exercises

Post op Week 8-12:

- Initiate running program

\*\*Unrestricted participation in athletics pending radiographic evidence of healing (as judged by MD) and full strength in extremity- usually around 3-4 months.

\*\*\*\*\*If a patient is not progressing, please call the office for recommendations\*\*\*\*\*