



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
PRECAUTIONS	♦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 degree and 120-70 degrees extension from flexed position ♦Open-chain terminal extension with resistance <u>NOT</u> permitted
THERAPY	♦Continue multi-directional patella mobilization as needed ♦Cryotherapy 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/infrapatellar 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

For Outpatient Physical Therapist:

1-3x week / 8-12 weeks



ORTHOPEDIC & SPINE INSTITUTE

at St. Mary's Medical Center