

Physical Therapy Prescription

Tibial Tuberosity Avulsion REHABILITATION PROTOCOL				
TIME PERIOD	WEIGHT BEARING	RANGE OF MOTION	BRACE	EXERCISES
0-2 weeks	As tolerated in extension with cast/splint in place	Keep in immobilizer at all times	Brace in full extension at all times.	None
2-6 weeks	Increase to full weight bearing as tolerated with brace locked in full extension. Crutches or walker should be used for assistance for 6 weeks.	Start from 0-30 and increase by 10 degrees per week. Unlock hinges on brace to allow flexion when sitting.	Wear locked in full extension for weight bearing. Unlock hinges to allow flexion when not weight bearing.	Straight leg raises. Patellar mobilization, medial to lateral (side to side). May do active controlled extension.
6-12 weeks	Full weight bearing in extension	Work towards full ROM.	Wean from brace over the 8-10 week post-op period.	Continue previous exercises. May begin light resistance exercises.
3-4 months	Full weight bearing.	Full ROM	None	Treadmill at walking speeds. Proprioception / balance drills. May begin light sport specific drills.
4-6 months	Full weight bearing	Full ROM	None	Strength training. May return to full activity once strength returns.

*****Begin Physical Therapy 2 weeks after surgery**

<p>Dane Todd, MD Questions please call: # 402-488-3322 Fax: 402-488-3336</p> <p>Patient Name: _____ Surgery Date: _____ Side (Circled): Right Left</p> <p>Physical therapy to evaluate and treat for post op Tibial Tuberosity Avulsion using the above protocol. 1-2x per week for 12 weeks.</p> <p>Notes: _____</p> <p>MD signature:</p>
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