

TIBIAL TUBERCLE OSTEOTOMY (TTO)
PHYSICAL THERAPY PROTOCOL

Recommend 2-3x/week for 8 weeks
Please contact office for renewal as needed

Weeks 0-2	<ul style="list-style-type: none"> • Heel-touch weight bearing with crutches with brace locked in extension • NO active knee extension; PASSIVE EXTENSION ONLY from 0-45° with brace on <ul style="list-style-type: none"> • Active knee flexion (hamstrings) ok • Brace set from 0-45° and wearing at all times except personal bathing • Heel slides, quad sets, patellar mobilization, ankle pumps
Weeks 3-6	<ul style="list-style-type: none"> • Continue heel-touch weight bearing and exercises from weeks 0-2 • NO active knee extension; PASSIVE EXTENSION ONLY from 0-45° with brace on <ul style="list-style-type: none"> • Active knee flexion (hamstrings) ok • Straight leg raise in brace with brace locked in full extension • Focus on regaining full extension; brace may be removed at night • Begin floor-based core, hip, gluteal work; advance quad sets and patellar mobs
Weeks 7-8	<ul style="list-style-type: none"> • D/c brace and crutches as tolerated • Advance weight bearing (25-50%/week) with goal of full weight bearing by 8 weeks • Advance PROM → AAROM → AROM unrestricted with goal of full ROM by 8 weeks • Stationary bike and straight leg raises; advance core/glut/hip work • Begin closed chain quads, progress balance
Weeks 9-16	<ul style="list-style-type: none"> • Progress flexibility and strengthening; continue functional balance, core/glut program • Progress closed chain quad program • Advance bike work after 12 weeks; elliptical and swimming allowed at 14 weeks
Months 4+	<ul style="list-style-type: none"> • Impact activity progression allowed (Alter-G/pool running → normal jogging) • Maximize single leg dynamic and static balance • Gluteal/pelvic stability/core and closed chain quad program with transition to HEP • Sports-specific training once cleared by MD