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TIBIAL TUBERCLE OSTEOTOMY WITH PATELLAR MICROFRACTURE REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM**	THERAPEUTIC EXERCISES
PHASE I 0 - 6 weeks	Non-weight bearing	0 - 6 weeks: Locked in extension for sleep, ambulation, can unlock for exercise	0 - 2 weeks: CPM 0-50, advance 10 degrees/day to full	Heel slides, quad/hamstring sets, patellar mobilization in all quadrants, prone hangs, gastroc/soleus stretch*, Straight leg raising with brace locked in extension, edema control
PHASE II 6 - 12 weeks	6 - 8 weeks: Advance to weight bearing as tolerated Discontinue crutches as tolerated	6 - 8 weeks: Unlocked 8 weeks: Discontinue use	Maintain full extension and progressive flexion	Progress to normal gait pattern, gastroc/soleus stretch, begin toe raises, closed chain extension, balance exercises, hamstring curls, and stationary bike
PHASE III 3 - 4 months	Full, without use of crutches and with a normalized gait pattern	None	Gain full and pain-free	Advance closed chain strengthening, progress proprioception activities, begin Stairmaster/Nordic Trac and running straight ahead
PHASE IV 4 months and beyond	Full	None	Full and pain-free	Progress flexibility/strengthening, progression of function: forward/backward running, cutting, grapevine, etc., initiate plyometric program and sport-specific drills Gradual return to sports participation, maintenance program for strength and endurance

* This exercise is to be performed in a non-weight bearing position