

Tibial Tuberosity Osteotomy & AMZ Rehabilitation Protocol

Name _____ Date _____

Procedure _____

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***Range of motion is an important progression of therapy, but limiting swelling is important.
Respecting swelling will decrease pain and improve motion.***

	BRACE/ WEIGHT BEARING /ROM GOALS	THERAPEUTIC EXERCISES AND INTERVENTIONS
Phase 1 (Week 0-3)	<p>Long Brace locked at 0 degrees for all activities (except hygiene and PT)</p> <p>Non Weight Bearing (Occasional Toe touch with brace locked)</p> <p>ROM 0-30 degrees week 1 0-60 degrees week 2 (may be delayed by surgeon)</p>	<p>Quad sets, isometrics Ankle Strengthening Straight leg raises (4 way) Heel slides within restrictions Resisted SLR (4 way) standing Patellar Mobilization Stretching NMES (Home use ok) Cryotherapy</p>
Phase 2 (Weeks 3-6)	<p>Brace open 0-30 degrees Week 3, 0-60 degrees Week 4, 0-90 degrees Week 5, unlocked/open Week 6</p> <p>25-50% Weight bearing with crutches Wean off crutches after week 4. FWB week 6</p> <p>ROM 0-90 degrees week 3 0-120 week 4 Full Rom week 6</p>	<p>Same as phase 1 plus: Gait training</p> <p>Closed chain toe raises</p> <p>Wall sits, mini-squats , inclined leg press low loads within range restrictions and if ok by Surgeon (bone healing dependent)</p> <p>Stationary Bike (if 105 deg.)</p>
Phase 3 (Weeks 7-12)	<p>No Brace</p> <p>FWB</p>	<p>Same as phase 1 and 2 plus:</p> <p>Open Kinetic Strengthening Hamstrings 0-90 deg., Quadriceps 90-30 deg.</p>

	Full ROM Improved gait, balance and strength	Step ups/downs (gradual) Leg Press 70-10 deg. Swimming, Stairclimber, elliptical (week 9)
Phase 4 (Week 12-24)	80-100% strength Normal gait, running pattern Normal Balance and proprioception Gradual return to activities/sports	Same as Phase 3 plus: BOSU/disc step ups/balance Mini-trampoline activities Intermittent running program Floor agility ladder Plyometrics Functional Test

Comments:

FCE _____ Work Conditioning/Work Hardening_____ Teach HEP _____

Every patient's therapy progression will vary to a degree depending on many factors. Please use your best clinical judgment on advancing a patient. If other ideas are considered to improve patient's outcome do not hesitate to call.

Patient's recovery is a team approach: Patient, family/friend support, therapist, and surgeon. Every team member plays an important role in recovery.

Signature _____ **Date** _____