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## **TIBIAL TUBERCLE TRANSFER Post-Operative Guidelines**

### **Phase 1-Week 0-2**

1. Home Exercise Program (out of immobilizer)
  - a. Quad Sets
  - b. Straight leg raises (in brace if needed)
  - c. Short Arcs (may be easier 40-10)
  - d. Ankle plantar flexion
  - e. Hip abduction &/or extension
  - f. ROM 0-40
2. Rehabilitation Exercises
  - a. Leg press 60-0
  - b. Hamstring curls as tolerated
  - c. Standing calf raises
  - d. SKEWTS
  - e. Hip ab/ad/extension (mat)
  - f. Single leg stance on floor in immobilizer
3. Goals
  - a. 0-60
  - b. FWB in immobilizer or locked drop-lock brace

### **Phase II-Weeks 2-4**

1. Home Exercise Program
  - a. Same, but should be able to do SLR out of brace
  - b. SAQ 30-0
  - c. ROM as tolerated
2. Rehabilitation Exercises
  - a. Continue with earlier ex
  - b. Add double leg extensions in pain free ROM <60-0
  - c. LAQ (90-0)
  - d. Single leg hams
  - e. Side step-overs (2-4")

- f. Single leg balance OOB
  - g. Ball squats (short!)
  - h. RDL's
  - i. Bike—short crank or regular as tolerated
3. Goals
- a. 0-95
  - b. May d/c immobilizer when quad control allows—for ambulation in clinic and home—continue when outdoors
  - c. **OR**—Open brace to 10-20 degrees < available AROM
  - d. FWB
  - e. Good quad tone

### **Phase III- Weeks 4-8**

- 1. Home Exercise Program
  - a. Continue—begin pushing ROM
  - b. More aggressive quad work
- 2. Rehabilitation Exercises
  - a. Continue with PRE's
  - b. Add single quads as tolerated
  - c. May add weights to SLR, SAQ, LAQ
  - d. Single leg balance on unstable surfaces
  - e. Step-ups/ step downs
  - f. SKEWT Step-ups
  - g. Single leg squats
  - h. Standing hip abduction/extension with resistance
  - i. Lateral band walking
  - j. Bike, elliptical, treadmill
- 3. Goals
  - a. FROM
  - b. Normal Gait
  - c. 4/5 quad/hip

### **Phase IV-Weeks 8-12**

- 1. Home Exercise Program
  - a. Discontinue
- 2. Rehabilitation Exercises
  - a. If tone, control, swelling, and MD allow, may begin Pre-running drills
  - b. Progress to jogging on level ground if PRD are mastered
  - c. Continue PRE's & balance work 3 x/week
- 3. Goals

- a. 5-/5 strength
- b. Able to jog 1 mile with no swelling, limp, pain
- c. Good balance, control

**Phase V-Weeks 12 +**

- 1. Rehabilitation Exercises
  - a. Continue PRE's & balance work 3 x/week
  - b. Running 3 x/week—up to 1 mile on flat surface
  - c. If running 1 mile & tolerates light speed work, may begin sport-specific drills
- 2. Goals
  - a. 5/5 strength—80-90% of unaffected leg
  - b. Run without limp > 1 mile
  - c. Able to begin progression of returning to sport
  - d. Independent exercise program