



Tibial Tuberosity Transfer Protocol

Precautions

Brace:

-Knee extension brace with gait x6 weeks

Crutches:

**2 weeks TTWB with brace
Restrict WBing on flexed knee**

ROM:

**Full PROM
(unless meniscus repair)**

Post-Operative Day 1-5	Dressing Change
	Keep wound dry and covered x7-10 days
	Ambulate with crutches
	Elevate, compression, ankle pumps

PHASE 1 Wk 1-2 <u>Goal:</u> control swelling and improve range of motion <i>Promote tissue healing</i>	Crutches x2 wks WBAT
	Passive knee flexion to 120°
	Knee extension AROM to 0°
	<u>NO</u> stationary bike
	Joint line girth within 3cm

PHASE 2 Wk 2-6 <u>Goal:</u> Full joint range of motion <i>Protection</i>	Full knee PROM
	<u>NO</u> active knee extensions or straight leg raises
	<u>NO</u> stationary bike
	Joint line girth within 1cm
	<u>NO</u> aggressive patellar tendon mobilizations

PHASE 3 Wk 6-12 <u>Goal:</u> Full single leg stability <i>Restore gait and strength</i>	Limit OKC and CKC exercises at 0° to 30°
	Commence stationary bike
	Non antalgic gait pattern
	Pass single leg bridge hold test
	Pass single leg squat test
	Single leg balance reach test within 4cm of uninvolved leg

PHASE 4 Wk 12-24 <u>Goal:</u> Pass sport test <i>Return to sport</i>	Biking progression wk 16
	Golf progression wk 16
	Rebound force plate test wk 16
	Pass Vail sport test wk 20
	Running progression wk 20
	Multidirectional agility wk 20-24
	Rebound force plate test wk 24