

# Tibial Tubercle Excision Rehabilitation Protocol

	<b>Weight-bearing</b>	<b>Brace</b>	<b>Range of Motion</b>	<b>Exercises</b>
<b>Phase 1</b> 0-2 weeks	As tolerated in brace with crutches	Locked in full extension at all times including sleeping in activity  Off for hygiene and exercises	0-90° when non-weight-bearing	Calf pumps, quadriceps tightening sets and SLR in <b>brace</b> , heel slides and patellar mobilization out of brace, modalities  <b>No weight-bearing with flexion greater than 90°</b>
<b>Phase 2</b> 2-6 weeks	As tolerated in <b>brace</b>	<b>2-4 weeks:</b> Per patient Physical Therapy Prescription  Discontinue brace at 4 weeks	As tolerated	Progress non-weight-bearing flexibility  Activities in brace until 4 weeks, then without brace as tolerated  <b>No weight-bearing with flexion greater than 90°</b>
<b>Phase 3</b> 6-12 weeks	Full	None	Full	Progress closed chain quadriceps strengthening, progress balance, core/pelvic and stability work, lunges and leg press to 90°  Begin stationary bike under PT supervision
<b>Phase 4</b> 3-5 months	Full	None	Full	Glutes/ pelvic stability/core + closed-chain quad program  Swimming permitted at 12 weeks  Advance to sport specific drills and impact activity after 5 months when cleared by M.D.

Weight-bearing status and brace settings may vary based on procedure. Please refer to specific prescription.

SLR – Straight-leg raise