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## Tibial Tubercle Transfer

Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### Phase I: Maximum Protection (Weeks 0 to 6)

#### Weeks 0 to 2

- Brace locked in full extension for six weeks
- Non-weight bearing for four to six weeks per Dr. Roberson's instructions
- Ice and modalities to reduce pain and inflammation
- Aggressive patellar mobility drills
- Range of motion: 0 to 45 degrees knee flexion
- Begin submaximal quadriceps setting

#### Weeks 2 to 4

- Continue with inflammation control
- Continue with aggressive patellar mobility
- Range of motion: 0 to 60 degrees
- Continue with submaximal quadriceps setting, isometric hamstring/groin and global lower leg strengthening

#### Weeks 4 to 6

- Progressive weight bearing per Dr. Roberson's instructions
- Continue with ice and aggressive patellar mobility
- Range of motion: 0 to 90 degrees (by week six)
- Increase intensity with quadriceps setting

### Phase II: Progressive Range of Motion and Early Strengthening (Weeks 6 to 12)

#### Weeks 6 to 8

- Full weight bearing
- Open brace to 45 to 60 degrees of flexion week six, 90 degrees at week seven
- Continue with swelling control and patellar mobility
- Gradually progress to full range of motion
- Begin multi-plane straight leg raising and closed kinetic chain strengthening program focusing on quality VMO function
- Initiate open kinetic chain progressing to closed kinetic chain multi-plane hip strengthening
- Normalize gait pattern
- Begin stationary bike
- Initiate pool program

#### Weeks 8 to 10

- Wean out of brace
- Continue with patellar mobility drills
- Normalize gait pattern
- Restore full ROM
- Progress open and closed kinetic chain program from bilateral to unilateral
- Increase intensity on stationary bike
- Begin treadmill walking program

### **Weeks 10 to 12**

- Full ROM
- Aggressive terminal quadriceps stretching
- Advance unilateral open and closed kinetic chain strengthening
- Initiate proprioception drills
- May introduce elliptical trainer

### **Phase III: Progressive Strengthening (Weeks 12 to 16)**

#### **Weeks 12 to 16**

- Advance open and closed kinetic chain strengthening
- Increase intensity on bike, treadmill and elliptical trainer
- Increase difficulty and intensity on proprioception drills
- Begin gym strengthening: leg press, hamstring curls, ab/adduction; avoid lunges and knee extensions
- Begin multi-directional functional cord program
- Initiate pool running program

### **Phase IV: Advanced Strengthening and Functional Drills (Weeks 16 to 20)**

#### **Weeks 16 to 20**

- Continue pool running program advancing to land as tolerated

### **Phase V: Plyometric Drills and Return to Sport Phase (Weeks 20 to 24)**

#### **Weeks 20 to 24**

- Advance gym strengthening
- Progress running/sprinting program
- Begin multi-directional field/court drills
- Begin bilateral progressing to unilateral plyometric drills
- Follow-up appointment with Dr. Roberson
- Sports test for return to competition six months post-op per Dr. Roberson's release