

Tibial Tubercle Excision Rehabilitation Protocol

	Weight-bearing	Brace	Range of Motion	Exercises
Phase 1 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 brace , heel slides and patellar mobilization out of brace, modalities No weight-bearing with flexion greater than 90°
Phase 2 2-6 weeks	As tolerated in brace	2-4 weeks: 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 No weight-bearing with flexion greater than 90°
Phase 3 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
Phase 4 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