



Rehab Protocol

Tibial Tubercle Transfer

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Post-op recovery		First 2 weeks	Date
Goals	<ul style="list-style-type: none"> • Protect the knee and surgical incision • Recover from swelling and inflammation • Control of post-surgical pain 		
Precautions	<ul style="list-style-type: none"> • Non-weight bearing on crutches • Brace locked in full extension 		
Recommendations	<ul style="list-style-type: none"> • At rest the brace can be loosened to allow swelling and discomfort to settle • Ice the knee up to 3 times a day – particularly in the first 72 hours • Sleep in the brace • Range of motion exercises of ankle • Range of motion exercises of hip 		
Suggested exercises	<ul style="list-style-type: none"> • Static quads contraction • Side leg raise • Flexion, extension and abduction of hip - standing supported (non weight-bearing) • Supine knee extension – foot elevated/supported • Ankle pumps 		

Phase 1		Week 2 to week 6	Date
Goals	<ul style="list-style-type: none"> • Achieve range of motion from 0-90 degrees 		
Precautions	<ul style="list-style-type: none"> • Touch weight bearing with crutches • No quads strengthening 		
Brace	<ul style="list-style-type: none"> • Week 3 – week 4 Brace set at 0-90 degrees flexion • Week 5 – week 6 Brace unlocked • Brace can come off for sleep after week 4 • At rest the brace can be loosened to allow swelling and discomfort to settle 		
Recommendation	<ul style="list-style-type: none"> • Gradual increase in range of motion of knee – passive only, no strengthening • Hip and gluteal muscle strengthening • Ankle range of motion. 		
Suggested exercises	<ul style="list-style-type: none"> • Static quads contraction • Ankle pumps • Supine bed supported knee bend • Sitting supported knee bend • Supine knee extension – foot elevated/supported • Sitting knee extension stretch – foot on floor • Side leg raise – knee straight, knee flexed 		

Phase 2		Week 7 to week 12	Date
Goals	<ul style="list-style-type: none"> • Comfortably walk normally 		

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	<ul style="list-style-type: none"> • Gain full range of motion 	
Precautions	<ul style="list-style-type: none"> • Brace can be removed 	
Recommendations	<ul style="list-style-type: none"> • Gradually begin taking weight through your leg when you walk. Fully weight bear as able • Discard crutches when walking safely • Avoid resisted strength training (lifting weights) with your quadriceps. Extending with the weight of your own leg is acceptable • Hip and gluteal strengthening • Ankle and calf strengthening • Passively stretch knee to full extension and full flexion • Short walks • No running 	
Suggested exercises	<ul style="list-style-type: none"> • Supine straight leg raise • Standing knee extension • Sitting unsupported knee extension and flexion • Single leg stance – knee straight, knee flexed • Double calf raises • Side leg raise – knee straight, knee flexed • Gluteal band exercises • Exercycle – low resistance, short interval 	

Phase 3		3 Months – 6 months	
Goals	<ul style="list-style-type: none"> • Gain full function and strength 		
Precautions	<ul style="list-style-type: none"> • Avoid collision sports or high risk recreational activity • Return to vigorous athletic activity as physiology allows (rapid return to rigorous strength training or endurance and speed training can lead to tendinopathies or injury) 		
Recommendations	<ul style="list-style-type: none"> • Concentrated full rehab program that includes strengthening of core, hip flexors, gluteal muscles, external rotators of the hip, quadriceps, hamstrings and calves. Gain in confidence during athletic activity. Neuromuscular control and co-ordination of leg • Long walks • Return to running in sensible progressive time frame 		
Suggested exercises	<ul style="list-style-type: none"> • Double leg squats (0-90) • Single leg squats • Single leg hop • Step ups – increase height • Hop ups • Step downs • Resisted quads and hamstring weight training • Side leg raise – knee straight, knee flexed • Gluteal band exercises 		

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	<ul style="list-style-type: none">• Bridging with gluteal contraction• Double calf raises – progress to single calf raise• Exercycle – increase resistance and training length	
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