



Always First™

FOX VALLEY ORTHOPEDICS

TIBIAL TUBERCLE OSTEOTOMY with ANTEROMEDIALIZATION (TTO/AMZ)

PHASE 1

Week 1-6

Goals: edema reduction, extension ROM progression, quad atrophy minimization

- NWB with brace locked x 6wks
can unlock brace for therapy
- PROM, AAROM
*emphasize full extension
prone hangs
heel slides
limit flx to 90 degrees x 4wks
- strengthening
quad sets
SLR with brace locked in ext x 4wks
- stretching
non weight-bearing gastroc/soleus, hamstring
- manual techniques
- modalities

PHASE 2

Week 6-12

Goals: extension and flexion ROM progression 0-120 degrees, minimization of extensor lag

- WBAT brace unlocked and progress to brace d/c once adequate quad control
progress to crutch d/c
- PROM, AROM, RROM
- strengthening
heel raises
theraband TKE
total gym squat progression
bike
step up/down progression
- stretching
progress to WB gastroc/soleus
- neuromuscular re-education
balance board
SLS
- manual techniques
patellar mobilization at 6 wks
- modalities

TIBIAL TUBERCLE OSTEOTOMY**PHASE 3**

month 3-4

Goals: full ROM, strength and proprioception progression

- PROM, AROM, RROM
- strengthening
 - chair/wall squats
 - single leg exercises PWB progressing to FWB
 - stairclimber
 - TM jog
- stretching
- neuromuscular re-education
 - anterior reach
- manual techniques
- modalities

PHASE 4

month 4 and later

Goals: strength progression, return to sports

- PROM, AROM, RROM
- strengthening
 - agility/cutting/sport specific drills
 - plyometrics
 - progression from bilateral to unilateral