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Post-Operative Distal Tubercle Realignment Protocol

0-6 Weeks:

- Strict TDWB with crutches
- Brace Locked in extension for WB
- May remove brace for ROM/hygiene
- Unlimited ROM as tolerated (Passive, Active Assist)
- Quad sets, co-contraction, ankle pumps

6-12 Weeks:

- Advance to PWB (50%) weeks 6-8
- May advance WBAT after week 8
- Unlock brace, D/C crutches when quad function adequate.
- May wean from brace after 8 wks as tolerated.
- Full unlimited Active/Passive ROM. Advance as tolerated.
- Continue SLR, Quad sets. Advance to light open chain exercises, mini squats.
- Begin hamstring strength week 10.

12-16 Weeks

- Full gait with normalized pattern.
- Full ROM
- Begin treadmill walking
- Progress to balance/Proprioception exercises.
- Initiate sport specific drills

> 16 Weeks:

- Advance closed chain exercises.
- Focus on single leg strength
- Begin light Plyometric program
- Emphasize single leg loading