ISOLATED TIBIAL TUBERCLE OSTEOTOMY (TTO) REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	Heel touch only	**0-2 weeks:** Locked in full extension at all times* Off for hygiene and exercises	0-90 as tolerated	Quad sets, SLR in brace, calf pumps, modalities, passive leg hangs to 90°
PHASE II 2-8 weeks	**2-6 weeks:** Heel touch only **6-8 weeks:** Advance 25% weekly until full	Unlocked during day 0-90, off at night Off for hygiene, rest, and exercises Discontinue after 6-8 weeks when WB comfortably	Advance as tolerated	PROM/AAROM to tolerance, patella and tibiofibular joint mobs Begin floor based core and glute/quad/hamstring exercises **6-8 weeks:** Addition of heel raises, closed chain lower body, gait normalization, eccentric quads/hamstrings; advance core, glutes and pelvic stability Begin stationary bike as tolerated after 6 weeks
PHASE III 8-12 weeks	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes
PHASE IV 12-16 weeks	Full	None	Full	Progress Phase III exercises and functional activities: walking lunges, planks, bridges, swiss ball, half-bosu exercises Advance core/glutes, balance, flexibility May advance to elliptical, pool as tolerated after 12 weeks
PHASE V >16 weeks	Full	None	Full	Slowly advance all activity as tolerated Progress to functional training, including running, jumping, pivoting, and sports activity after 16 weeks

*Brace may be removed at night after first post-operative visit (day 7-14) if directed

BRIAN J. COLE, MD, MBA
MIDWEST ORTHOPAEDICS AT RUSH
BrianColeMD.com

© 2003-2026 Dr. Brian J Cole, MD,MBA. All rights reserved.