

Tibial Tubercle Transfer - Rehabilitation protocol

0-3 Weeks

- CPM (Continuous Passive Motion) whilst in hospital: 0-90deg if tolerated
- Rest, ice, compress, elevate
- Debulk dressings day 1 post-op, to underlying simple dressings, and cover with double tubigrip
- Mobilise with crutches and brace (locked in extension); weight bearing as tolerated
- Aim to be upright for 5 minutes per hour
- Remove brace at all other times and work on NWB flexion exercises (ROM as tolerated)
- Quadriceps activation – static quads & SLR; stop if significant pain experienced
- Swelling control around knee
- Patella glides and fat pad massage
- Wound review in outpatients at 2 weeks

3-6 weeks

- Reset brace to allow 90 degrees flexion; wear when weight bearing / commuting
- Mobilise full weight bearing; crutches when outdoors
- Return to light duties work
- Aim for full knee range of motion by 6 weeks
- Hamstring/quadriceps strengthening within range 0-90 degrees; stop if pain experienced
- Outpatient appointment at 6 weeks with repeat Xray

6-12 weeks

- Remove brace if good quads control
- Continue hamstring/quadriceps/gluteal strengthening program
- Careful return-to-exercise program
- Outpatient appointment at 12 weeks with repeat Xray

3-6 months

- Return to heavy duties work
- Commence jogging
- Graduated return to training

6 months

- Return to contact sports