

Physical Therapy Prescription for:

label

**Diagnosis:** Tibial Tubercle Fracture  
**Surgical Procedure:** ORIF  
**Date of Surgery:**  
**Eval & Treat:** 2x/week x 24 weeks

**Brace:** Hinged knee brace

- Full time locked in extension for 6 weeks for ambulation
- Weeks 6-12, brace unlocked 0-90 degrees
- Wean brace by 12 weeks post-op

**Immediate Postoperative Period: 0-1 weeks:**

- Elevation and knee immobilization in extension

**Weeks 1 to 2 (Goal: edema control, full extension, begin PROM 0-40°):**

- TTWB 20%
- Quad isometric sets in full extension
- Laying or seated heel slides 0-40° flexion

**Weeks 2 to 6 (Goal: protect repair, regain PROM 0-90°, begin strength):**

- PWB, knee locked in full extension in brace
- Sitting slides up to 90° flexion
- AAROM knee flexion up to 90°
- Ankle pumps, patellar mobilization, hamstring/gastroc stretch, hip abduction, SLR all directions without knee lag

**Weeks 6 to 12 (Goal: improve ROM 0-135°, walk normally, strengthening):**

- WBAT, with brace
- Unlock brace 0-90° with bilateral crutches, wean when patient has quad control
- Straight leg lifts, short arc 0-25°, wall slides, work to long arm quad AROM
- Wean brace by 12 weeks with crutch
- No climbing/descending steps, no squats

**Weeks 12 to 16 (Goal: gentle strengthening)**

- Stationary bike, step up/down progression <6 inches
- Swimming
- Squat to chair

**Week 16 to 24 (Goal: strengthen and sport retraining):**

- Add gentle plyometrics, leg press work up to ½ body weight
- Progress to sport specific training
- Criteria to start running program: walk with normal gait for 20 minutes, pain free ADLs, ROM > 0-125°, hamstring and quad strength >70% contralateral side, no pain, no edema, no crepitus, no giving-way