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TIBIAL TUBERCLE EXCISION (OSGOODE-SCHLATTER) REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE**	ROM	EXERCISES
PHASE I 0-2 weeks	Full in Brace locked in extension*	Locked in full extension for sleeping and all activity* Off for exercises and hygiene	0-90° when non-weight bearing	Heel slides, quad sets, patellar mobs, SLR, SAQ Calf pumps No weight bearing with flexion >90°
PHASE II 2-6 weeks	2-4 weeks: As per patient PT Rx 4-6 weeks: Full w/o brace	2-4 weeks: As per patient PT Rx Discontinue brace at 4 weeks	As tolerated	Addition of heel raises, total gym (closed chain), terminal knee extensions Activities w/ brace until 4 weeks; then w/o brace as tolerated No weight bearing with flexion >90°
PHASE III 6-12 weeks	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes Begin stationary bike when able Swimming okay at 8 wks
PHASE IV 12-20 weeks	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Advance to sport-specific drills and running/jumping after 12 wks once cleared by MD

*Brace may be removed for sleeping after first post-operative visit (day 7-10)

**A Brace may or may not be prescribed for this procedure. Brace settings may vary depending on nature of exact procedure.