

TIBIAL TUBERCLE FRACTURE – PEDI ORTHO

Phase I (Weeks 0 – 4)

- TDWB with crutches and immobilizer/brace locked in extension
- NO RANGE OF MOTION FOR FIRST 4 WEEKS
- Strengthening:
 - Sub maximal quadricep sets, glut sets, HS sets
 - Ankle pumps
 - Patellar mobilizations

Phase II (weeks 4-6)

- WBAT with crutches and T-Scope locking in extension
- Progress PROM/AAROM
 - WEEK 4- Start 0-30, progress to 0-60 over next 2 weeks as tolerated
- Strengthening:
 - Continue Quadricep sets
 - SLR's in abduction and extension and add light resistance
 - Begin SLR's in flexion in immobilizer
- Begin gentle stretches (hamstrings, gastrocnemius, ITB, etc)

Phase III (weeks 6-8)

- WBAT with T-scope unlocked when patient demonstrates a good quad set and SLR flexion without a lag
- Progress PROM to 90 degrees
- Strengthening:
 - Continue SLR in all planes
 - Begin light closed chain strengthening
- Begin balance/proprioception program

Phase IV (weeks 8-12)

- Wean from brace
- Progress PROM/AROM to tolerance
- Begin stationary cycling when 110 degrees of knee flexion
- Strengthening
 - Continue closed kinetic chain strengthening
 - Begin light open chain isotonic exercises
 - Continue and advance balance/proprioception program

Phase V (weeks 12- 16)

- Progress above ROM, flexibility, proprioception and strengthening program
- Isokinetic test (full ROM/high speeds)
- Begin straight-line jogging program

Phase VI (Weeks 16 – 24)

- Begin sport specific agility program
- Return to play when client meets discharge criteria

Discharge Criteria:

- Full ROM
- No effusion
- No tenderness over patellar tendon or pain with exercise
- Satisfactory strength test (80% of opposite leg)
- Satisfactory completion of straight jogging and sport specific agility program
- Physician approval