

KNEEbraska
Matthew R. Byington, DO
Orthopaedic Surgeon—Board Certified
 Sports Medicine & Arthroscopic Surgery // Knee & Shoulder Reconstruction
 Prairie Orthopaedic & Plastic Surgery 4130 Pioneer Woods Dr, Suite 1, Lincoln, NE 68506
 Phone: (402) 489-4700 Fax: (402) 489-5220
www.KNEEbraska.com // www.drmatbyington.com // www.prairie-ortho.com

**KNEE TIBIAL TUBERCLE TRANSFER/FULKERSON OSTEOTOMY
REHABILITATION PROTOCOL**

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 1-5 days	50% WB with crutches	For ambulation only (post-op day 1- 4 weeks)	Full PROM knee extension Flexion to 45 degrees (Day 1-4) Flexion to 60 degrees (Day 5) PROM and gentle AAROM only	Quad sets, SLR, Hip ADD/ABD, *no AROM knee extension, Hamstring, calf stretching PROM/AAROM within ROM limitations
PHASE II 2-4 weeks	Progress WBAT (2 crutches for 6 weeks)	For ambulation only; d/c at 8 weeks	PROM/AAROM 0-75 degrees (week 1-3) 0-90 degrees (week 4)	Exercises as above; may progress to gentle submax isometric knee extension (multi-angle) Week 4: mini squats (no weight) Hamstring, calf stretching
PHASE III 5-8 weeks	One crutch 4-6 weeks D/C crutch at 6 weeks	d/c at 8 weeks	PROM 0-115 degrees (week 5) PROM 0-125 degrees (week 6) PROM 0-125/135 (week 8)	Hip ADD/ABD/EXT, Leg Press, Knee extension light (0-60 degrees), Bike (week 6-8), Pool when able Continue with Flexibility
PHASE IV 9-16 weeks	NA	NA	*ROM of at least 0-115 degrees to progress to Phase IV with good quad control and no edema	Vertical and Wall squats (0-60 degrees), leg press, forward and lateral lunges, lateral step ups, knee extension (60-0 degrees), stairclimber
PHASE V 17+ weeks	NA	NA	NA	Criteria to progress to Phase V, functional drills 1.Full, painfree ROM 2. >/=80% strength of contralateral leg