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Tibial tubercle transfer/Fulkerson +/- medial imbrication  
 Physical Therapy Protocol

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>RANGE OF MOTION</b>	<b>GOALS</b>	<b>EXERCISES</b>
<b>0-2 weeks</b>	Non weight bearing in brace and crutches	Immobilizer locked straight when up	0-90 when seated	Dec pain and swelling	Elevation, icing, SLR in brace
<b>2-6 weeks</b>  Start P.T at 2 weeks	Non weight bearing in brace and crutches	Immobilizer locked straight when up	1- full passive and active ROM 2- no manipulation	1-Full ROM 2- SLR against gravity	No strengthening
<b>6-10 weeks</b>	As tolerated	Ok to remove with good quad control	Full ROM	improve quad girth and strength	1-stationary bike 2-gait training 3-begin closed chain strengthening 4-no running/jumping/sports
<b>10-16 weeks</b>	As tolerated	None	Full ROM	symmetric quad girth and strength	1- advance strengthening 2-closed chain only 3-no running/sports/jumping
<b>16+ weeks</b>	Ok to begin jogging	None	Full ROM	Sport specific activities	1-begin agility and plyometrics program 2-CV conditioning Return to Sports: 1->80% strength vs. opposite leg 2- >90% hop test 3- cutting/running/jumping confidence 4-physician clearance

Specific Recommendations /Restrictions /Goals:

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