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Patient Name:

Date:

**Knee Rehabilitation:
Tibial Tubercle Osteotomy/
Patellar Realignment**

WEEK ONE

- Full Extension in Bledsoe Brace locked @ 0 degrees
- TTWB with Bledsoe Brace locked @ 0 degrees
- Dressing change
- Cryotherapy PRN
- Passive ROM 0 – 40 degrees

WEEK TWO THRU SIX

- Progress ROM in Bledsoe to 0 – 60 degrees
- Continue TTWB x 6 weeks
- Passive ROM 0 – 90 degrees MAX (Active Flexion / Passive Extension) NO ACTIVE EXTENSION
- Straight Leg Raises (in Bledsoe) / Quad Sets
- Quadricep Isometrics @ 90 degrees
- Biofeedback Unit (E-stim to Quads may be used if Biofeedback not available)
- Modalities prn

WEEK SIX AND BEYOND

- Progress to WBAT, Advance assistive device as tolerated – Crutches > Cane > None
- Begin Active Extension
- Continue SLR, Quad Isometrics
- Continue Stationary Bike
- Modalities PRN

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD