

## Fulkerson Tibial Tubercle Osteotomy Protocol

### Dr. Hultman

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
Post-Op Day	<ul style="list-style-type: none"> <li>-Removal of dressings, change if needed.</li> <li>-Cryotherapy and education in signs of infection</li> <li>-Patient NWB</li>   <li>-HEP: quad sets, heel slides (0-90°), SLR x 4</li> </ul>	<ul style="list-style-type: none"> <li>-Independent with conservative management, HEP, and cryotherapy</li> <li>-Pain management</li> </ul>
Phase I 0-6 weeks	<ul style="list-style-type: none"> <li>-WBAT locked in extension x 6 weeks</li> <li>-ROM goals: 0-90° by week 6</li> <li>-Brace locked for sleep until 4 weeks postop</li> <li>-Core strengthening okay with brace locked for weight bearing (planks)</li> </ul>	<ul style="list-style-type: none"> <li>-Protection of the knee</li> <li>-ROM goals as listed</li> <li>-Manage effusion</li> <li>-Avoid/limit atrophy</li> <li>-Ensure full active extension</li> </ul>
Phase II 6-12 weeks	<ul style="list-style-type: none"> <li>-Begin weight bearing with goal of normalizing gait beginning at 6 weeks</li> <li>-Progress with balance and strengthening avoiding impact activity</li> <li>-Advance proprioceptive exercises when good strength and control is achieved</li> <li>-Avoid loading the knee past 90°</li> </ul>	<ul style="list-style-type: none"> <li>-Normalize weight bearing and gait</li> <li>-Avoid favoring the limb</li> <li>-Full AROM and strength 5/5</li> </ul>
Phase III 12+ weeks	<ul style="list-style-type: none"> <li>-May begin impact activities at 12 weeks with MD permission</li> <li>-Normalize movement patterns and strength in all planes</li> <li>-Advance with core strength and sport specific exercises as tolerated with MD clearance</li> <li>-Normal movement patterns and no antalgia noted with functional exercises before clearing for return to activity</li> </ul>	<ul style="list-style-type: none"> <li>-Normalize movement patterns in all directions</li> <li>-Build neuromuscular control and confidence in the limb for return to sport/work</li> </ul>