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**Post-Operative Rehabilitation Guidelines for
Distal Tubercle Realignment**

- 0-6 Weeks: Strict TDWB with crutches
Brace Locked in extension for WB
May remove brace for ROM/hygiene
Unlimited ROM as tolerated (Passive, Active Assist)
Quad sets, co-contraction, ankle pumps
- 6-12 Weeks: Advance to PWB (50%) weeks 6-8
May advance WBAT after week 8
Unlock brace, D/C crutches when quad function adequate.
May wean from brace after 8 wks as tolerated.
Full unlimited Active/Passive ROM. Advance as tolerated.
Continue SLR, Quad sets. Advance to light open chain exercises, mini squats.
Begin hamstring strength week 10.
- 12-16 Weeks Full gait with normalized pattern.
Full ROM
Begin treadmill walking
Progress to balance/Proprioception exercises.
Initiate sport specific drills
- > 16 Weeks: Advance closed chain exercises.
Focus on single leg strength
Begin light Plyometric program
Emphasize single leg loading