



Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

REHABILITATION GUIDELINES FOR TTO

Name: _____ Date: _____

Diagnosis: _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week

Duration: 1 2 3 4 5 6 Weeks

PHASE I: 0-2 weeks

- WBAT with crutches
- Brace on at all times- locked in extension
- ROM 0-90 degrees
- Exercises:
 - Calf pumps, quad sets
 - SLR in brace, modalities

PHASE II: 2-6 weeks

- Full WB
- Brace open 0-90 degrees
 - Off at night
- ROM: progress to full
- Exercises:
 - Progress non-weight bearing flexibility
 - Begin floor-based core, hip, and glutes work
 - Advance quad sets, patella mobs, and SLR

PHASE III: 6-8 weeks

- Full WB
- Discontinue brace
- Full ROM
- Exercises:
 - Advance closed chain quads, progress balance, core/pelvic and stability work
 - Begin stationary bike at 6 weeks
 - Advance SLR, floor-based exercise

PHASE IV: 8-16 weeks

- Full WB
- No brace
- Full ROM
- Exercises:
 - Progress flexibility and strengthening, progression of functional balance, core, glutes program
 - Advance bike after 12 weeks
 - Add elliptical, swimming after 14 weeks

PHASE V: 16-24 weeks

- Full WB
- No Brace
- Full ROM



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- Exercises:
 - Maximize single leg dynamic and static balance
 - Glutes/ pelvic stability/core + closed chain quad program and HEP independent
 - Begin training sport-specific drills as tolerated after 16 weeks once cleared by MD

Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP

Modalities:

Electric Stimulation Ultrasound Iontophoresis Phonophoresis
 TENS Heat before/after Ice before/after Trigger points massage
 Therapist's discretion
 Other _____

Signature: _____ **Date:** _____