

Name _____

Therapist _____

Physician _____



Patient Flow Sheet

proaxistherapy™

Tibial Tubercle Transfer

Phase 1 – MOTION AND MOBILITY

Week 0-6

Patellar mobilizations, including quad & patellar tendon
Quad set (week 0-2) progressing to SLR without lag (week 3)
SLR extension & abduction *in brace*
ROM: emphasize full extension, heel/wall slides for flexion
** No Bike due to ROM restrictions*
ROM: 0-45°(week 0-2)
0-60°(week 3-4)
0-90°(week 5-6)
Brace: locked in extension x 6 weeks
Weight-bearing: PWB weeks 0-2, then progress to WBAT

Phase 2 – ENDURANCE

Week 7-12

Closed-chain progression (+/- including squat, lunge, step-up, bridge)
Progress from double leg to single leg; from stable to unstable surfaces
Balance progression
Begin bike
Initiate terminal quad stretch beginning at week 10 as tolerated
ROM: Progress to full
Brace: 0-60° by week 6
0-90° by week 7
Wean out of brace starting at week 8
Weight-bearing: Progress to WBAT

**Note: Non-athletes may be appropriate for discharge to independent home program at this time if able to complete work and life demands. Check for safety with stair negotiation and ambulation on uneven surfaces.*

Phase 3 – STRENGTH

Week 13-24

Increase sets/duration of closed-chain strengthening in varied proprioceptive environments
Initiate unilateral activities and emphasize unilateral strength

Phase 4 – AGILITY, POWER, RETURN TO SPORT

Week 24+

Initiate squat jump progression from shuttle to gravity dependent position
Sport-specific movement patterns practiced in supervised and controlled environment
Graded re-integration into sport activities with MD and PT clearance

Return to Activities

See functional criteria

Running: 6 months

Golf: Short irons at 5 months, full swing with long irons at 6 months. Delay 4-6 weeks if lead leg.

Pivoting/cutting sport: When functional criteria are met and cleared by surgeon, typically 7-8 months at earliest

Surgeon Comments: