

TIBIAL TUBERCLE EXCISION (OSGOODE SCHLATTER) REHAB PROTOCOL

	WEIGHT BEARING	BRACE**	ROM	EXERCISES
PHASE I 0-2 weeks	WBAT in brace locked in extension*	Locked in full extension for sleeping and all activity* Off for exercises and hygiene	0-90° when non-weight bearing Encourage full extension	Heel slides, quad sets, patellar mobs, SLR, SAQ Calf pumps No weight bearing with flexion >90°
PHASE II 2-6 weeks	2-4 weeks: Unlocked to ambulate as quad strength allows 4-6 weeks: Wean out of brace when adequate quad control (SLR without lag)	Open to ambulate and wean out of as quad strength allows	As tolerated	Addition of heel raises, total gym (closed chain), terminal knee extensions Activities w/ brace until 4 weeks; then w/o brace as tolerated No weight bearing with flexion >90°
PHASE III 6-12 weeks	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes Begin stationary bike when able Swimming okay at 8 weeks
PHASE IV 12-20 weeks	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Advance to sport-specific drills and running/jumping after 12 weeks once cleared by MD

*A Brace may or may not be prescribed for this procedure. Brace settings may vary depending on nature of exact procedure. Please refer to specific PT Rx provided.