

Tibial Tubercle Transfer



	Name:							DOB:				
	Dr: Godin							DOS				
	1								-			
				W	eek	s fr	om	surge	ry			
ROM	ROM & Muscle Initiation	1	2	3	4	5	6	7	8-13+	14-19+	20-25+	26+
RESTRICTIO NS	Flexion/Extension - wall slide											
IN 3	Flexion/Ext - seated/calf assisted											
FROM	Patella/Tendon mobilization											
i kom	Extension mobilization (no hyperext)											
	Quad sets											
BRACE	Hamstring sets											
SETTINGS	Terminal knee extension, Straight											
	leg raise (when no quad lag)											
	Ankle pumps											
T scope 0-0 x	Bike with no resistance		<u> </u>				<u></u>	. ,				
6 weeks	Progress to Endurance: ROM >125°	Qu	ad s	et the	at te	rmine	ally (extends	the knee			
	Muscular Endurance 3 x 15, 45s								8-13+			
	Lateral band stepping											
\A/ a ! . 4	Single leg leg press											
Weight Bearing	Squat progression											
status	RDL											
Sidios	Tuck squat											
TTWB x 2	Progress to strength: 14+ weeks & G	vad	inde	-x >7	70%,	Υb	alan	ce antei	rior reach	<8cm side t	o side diffe	erence
weeks then	Muscular Strength 3 x 10 120s				·					14-19+		
PWB (50%) x	rest											
	rest Lateral band stepping											
PWB (50%) x												
PWB (50%) x 4 weeks then	Lateral band stepping Single leg leg press Hex bar squat											
PWB (50%) x 4 weeks then	Lateral band stepping Single leg leg press											
PWB (50%) x 4 weeks then	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat											
PWB (50%) x 4 weeks then	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 20+ weeks & Qu	ad in	ndex	>90)%, F	lams	tring	index	>90%, Y bo	alance ante	rior reach	<4cm
PWB (50%) x 4 weeks then	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 20+ weeks & Qu side to side difference	ad in	ndex	>90)%, F	lams	tring	index	>90%, Y b	alance ante		<4cm
PWB (50%) x 4 weeks then	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 20+ weeks & Qu side to side difference Muscular Power 3 x 6, 180s	ad in	ndex	>90	9%, F	lams	tring	index	>90%, Y bo	alance ante	rior reach	<4cm
PWB (50%) x 4 weeks then	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 20+ weeks & Qu side to side difference Muscular Power 3 x 6, 180s rest	ad ir	ndex	>90	9%, F	lams	tring	index	>90%, Y bo	alance ante		<4cm
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Clearance for other activities made by Dr Godin and based on different factors including passing the included progression criteria

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