

- Immediate full range of motion
  - If Tibial tubercle osteotomy-passive extension, active flexion
- Protected Weight bearing
  - Brace locked in extension X 4-6 weeks
- 6-12 weeks
  - ROM, core, balance, quad with closed chain
- 12 weeks
  - If xrays show healing, progress to running, plyometrics, cross training
- Return to sport: 5-6 months