



Distal tibial tubercle osteotomy/realignment
Dr. Souster

The patient will be Touchdown weight bearing for 6 weeks. Patients must remain in a locked knee extension brace for a total of 10 weeks. Brace removal may be done for showering and therapy exercises only. Range of motion is limited to 90 degrees for the first 4 weeks. X-rays should be obtained at the 2, 6, and 12 week visits. Physical Therapy will gradually progress range of motion and strength and once the patient has reached the 24 week post-op point the patient may be discharged to full activity. The patient may not kneel, squat, or perform any sporting activities until the full 24 weeks is past and is asymptomatic.