

PT Protocol: Knee Arthroscopy + Tibial Tubercle Transfer

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ROM RESTRICTIONS Full ROM (in controlled setting for home exercises + PT) BRACE SETTINGS Weeks 1-6: Hinged knee brace locked in extension at all times except for daily home motion exercises and PT Wean from brace after 6 weeks once adequate quad control Weight Bearing status 20% Flat Foot PWB x 2 weeks then 50% PWB x 4 weeks. At 6 weeks, once adequate quad control, Full WB	Weeks from surgery											
	ROM & Muscle Initiation	1	2	3	4	5	6	7	8-13+	14-19+	20-25+	26+
	Flexion/Extension – wall slide											
	Flexion/Ext – seated/calf assisted											
	Patella/Tendon mobilization											
	Extension mobilization (no hyperext)											
	Quad sets											
	Hamstring sets											
	Terminal knee extension, Straight leg raise (when no quad lag)											
	Ankle pumps											
	Bike with no resistance											
	Progress to Endurance: ROM >125°, Quad set that terminally extends the knee											
	Muscular Endurance 3 x 15, 45s rest									8-13+		
	Lateral band stepping											
	Single leg leg press											
	Squat progression											
	RDL											
	Tuck squat											
	Progress to strength: 14+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference											
	Muscular Strength 3 x 10 120s rest										14-19+	
	Lateral band stepping											
	Single leg leg press											
	Hex bar squat											
	Kettlebell deadlift											
	Elevated split squat											
	Progress to power: 20+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference											
	Muscular Power 3 x 6, 180s rest											20-25+
	Front squat											
	Barbell deadlift											
	Split jumps											
	Sled drags											
	Progress to running: 26+ weeks & Triple hop distance >90% of unaffected side											
	Running, Speed & Agility											26+
Running progression												
Ladder footwork drills												
Forward & backward cone drills												
Lateral cone drills												
High Level Activities										20-25+	25-28+	
Golf, outdoor biking												
Clearance for other activities made by Dr Godin and based on different factors including passing the included progression criteria												