

## **Tibial Tubercle Osteotomy**

1. Usually there will be no knee brace or splint
2. Dressings reduced at 48 hours
3. FWB but limit ROM 0 – 90 degrees for 6 weeks
4. If x-ray is satisfactory at 6 weeks progress FROM aiming to be without limitations at 3 – 4 months
5. This procedure is often combined with others, MPFL/Arthroscopy/Trochleoplasty/Microfracture. Specific instructions will be provided.