

**Bonnie P. Gregory, MD**  
**Tibial Tubercle Avulsion Fracture with ORIF**  
**Rehabilitation Protocol**

	<b>Weight Bearing</b>	<b>Brace</b>	<b>ROM</b>	<b>Exercises/Strength</b>
<i>0-4 Weeks</i>	NWB w/ crutches	Cast Cast is changed at 2 weeks and suture removal is performed	None	None
<i>4-6 Weeks</i>	Weight bearing progression	No bracing required	As tolerated	Strengthening and proprioceptive exercises
<i>6-12 Weeks</i>	Full	No bracing required	Full pain free	Progress strengthening and proprioceptive exercises.  Functional Sport Activities, including running, agilities, and plyometric exercises once radiographically and clinically cleared
<i>3+ Months</i>	Full	No brace required for RTS	Full pain free	Return to sport once cleared by M.D.

For any questions or concerns regarding the protocol or rehabilitation process please contact:

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