

**Dr. Craig Chike Akoh, M.D.**  
**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 my Athletic Trainer below.