



Michael Knesek MD  
Phone: 219-795-3360 Fax: 219-756-6500  
9001 Broadway, Merrillville IN, 46410  
801 Macarthur BLVD, STE 302, Munster IN, 46321  
3800 St. Mary Drive, STE 101, Valparaiso IN, 46383

## TIBIA TUBERCLE TRANSFER

<b><u>WEEK 0 - 8</u></b>	Brace locked on extension for ambulation WBAT in brace
<b><u>WEEK 1</u></b>	No Rehab Brace or splint in full extension
<b><u>WEEK 2</u></b>	Passive extension to full Active flexion to 45° in brace
<b><u>WEEK 4</u></b>	Active flexion 45° - 90° in brace
<b><u>WEEK 6</u></b>	Start no resistance strait leg raises Patellar mobilizations
<b><u>WEEK 12</u></b>	Begin strengthening quadriceps
<b><u>WEEK 16</u></b>	Running