

Randy Clark, MD
 Coral Desert Orthopedics
 1490 E. Foremaster Dr., Ste. 150
 St. George, UT 84790
 435-628-9393 phone
 435-628-9382 fax

High tibial or distal femoral osteotomy

Physical Therapy Protocol

Randy Clark MD

	WEIGHT BEARING	BRACE	RANGE OF MOTION	GOALS	EXERCISES
0-2 weeks	NON weight bearing in brace and crutches	Immobilizer locked straight when up	Full ROM when seated	Dec pain and swelling	Elevation, icing, SLR in brace
2-6 weeks <i>*Start Physical Therapy at 2 weeks</i>	NON weight bearing in brace and crutches	Immobilizer locked straight when up	1- Full ROM 2- No manipulation	1-full ROM 2- SLR against gravity	1-No resistance strengthening 2-SLR
6-8 weeks	50% weight bearing with crutches	Ok to remove with good quad control	Full ROM	Improving strength	1-stationary bike 2-gait training 3-begin closed chain strengthening 4-no running/jumping/sports
8-16 weeks	As tolerated	None	Full ROM	1-symmetric quad girth and strength 2- normal gait	1- advance strengthening 2-closed chain only 3-no sports/jumping/running
16+ weeks	Ok to begin jogging	None	Full ROM	Sport specific activities	1-begin agility and plyometrics program 2-CV conditioning Return to Sports: 1->80% strength vs. opposite leg 2- >90% hop test 3- cutting/running/jumping confidence 4-physician clearance

Specific Recommendations /Restrictions /Goals:
