



## Distal Femoral/Proximal Tibial Corrective Osteotomy

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises/Interventions</u>
<b>Phase 1</b> <b>Weeks 0-8</b> <b>1-2x/ week</b> <b>HEP daily</b>	Full passive extension ROM 0-90° Patella mobility Edema and pain control SLR without lag Promote independence	Weeks 0-4: NWB Brace at 0° for ambulation and sleep Limit knee flexion: 0-90°  Weeks 4-8: TTWB (20%) Brace open 0-60° for ambulation with crutches abiding with WB restrictions Brace locked at 0° for sleep Limit knee flexion to 120°	A/AA/PROM emphasize extension Patella mobilization Quad re-education and SLR Hip/core training Short crank ergometry (ROM >85°)
<b>Phase 2</b> <b>Weeks 8-12</b> <b>2-3x/week</b> <b>HEP daily</b>	Full ROM Normalize patella mobility Edema and pain control Improve quad control Promote independence	Advance WB 20% per week so that the patient is WBAT by 12 weeks  DC brace for ambulation with crutches abiding with WB restrictions	AAROM knee flexion/extension Standard ergometry (ROM >115°) Patella mobilization Quad re-education Proprioceptive training Hip/core training Bilateral leg press 0-60°
<b>Phase 3</b> <b>Weeks 12-16</b> <b>1-2x/week</b> <b>HEP daily</b>	Full ROM Descend 8" step with control Improve endurance Protect patellofemoral joint	WBAT No running	Progress squat/leg press Forward step-up/down program Advance proprioceptive training Elliptical, retrograde treadmill
<b>Phase 4</b> <b>Weeks 16-24</b> <b>1-2x/week</b> <b>HEP Daily</b>	Symptom free running Improve strength/flexibility Hop test >85% limb symmetry	Avoid painful activities  4 months: Low impact sports allowed (golf, swimming, skating, rollerblading, and cycling)  5-6 months: moderate-impact sports allowed (jogging, running, aerobics)	Progress squat program <90° of flexion Forward running program at 5 months (when 8" step down is adequate) Advance agility program Plyometrics when sufficient base

**Phase 5**  
**Weeks 24+**  
**1x/week**  
**HEP Daily**

No apprehension with sport specific movements  
Strength and flexibility to meet sporting demands

Avoid painful activities

Need MD clearance to resume sports

6-8 months: High-impact sports allowed (tennis, basketball, football, and baseball)

Advance flexibility/agility/plyometrics  
Sport specific training