

# Postoperative Rehabilitation Protocol for HTO or DFO with Meniscal Allograft Transplantation



Dr. MacLean

Physical therapy should be started within a few days after surgery

## Phase 1: Postoperative weeks 0-4

### GOALS

- Minimize pain / edema
- Restore ROM

### PRECAUTIONS/BRACE/CRUTCH USE

- Weight bearing
  - 0-4 weeks: Flat foot (0-25%) weight bearing
- Brace
  - 0-4 weeks: 0-90 degrees
  - Leave brace unlocked at all times following resolution of nerve block
  - Brace may be removed for hygiene and therapy
  - Avoid active hamstring activity for first 2 weeks

### RANGE OF MOTION

- 0-4 weeks: 0-90 degrees
- Patellofemoral joint mobilization

### STRENGTHENING

- Retore quad recruitment
- Quad, hamstring, and gluteal strengthening exercises
- SLR in brace locked at 0 degrees until quad can maintain knee locked
- Quad NMES
- Avoid active hamstring exercises for first 2 weeks

### MODALITIES PRN

## Phase 2: Postoperative weeks 4-8

### GOALS

- Improve muscle strength & endurance
- Full, pain-free ROM

### PRECAUTIONS/BRACE/CRUTCH USE

- Weight bearing
  - 4-6 weeks: Continue flat foot (0-25%) weight bearing
  - 6-8 weeks: may progress to WBAT with crutches over 2 weeks after clearance from 6-week clinic appointment
- Brace: May discontinue after 6 weeks if capable of SLR without extensor lag

### RANGE OF MOTION

- May begin to progress passive knee flexion as tolerated at week 4, no forced flexion
- **No loading the knee in greater than 90 degrees of flexion until week 12**

### STRENGTHENING

- Continue phase 1 exercises
- Stationary bike with high seat.
- No pivoting, twisting
- Advance to multi-angle knee isometrics
- Advance gluteal strengthening exercises to closed chain
- Closed chain quad exercises
- Open chain knee extension (week 7+)
- Open chain hamstring exercises (week 6+)

### MODALITIES PRN

## Phase 3: Postoperative weeks 8-16

*If you have any problems or questions, please call your doctor's office (8am-5pm).  
Answering service for after hours.*

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#### GOALS

- Normalize gait
- Progress balance and NM control

#### PRECAUTIONS/BRACE/CRUTCH USE

- Full weight bearing without crutches
- Caution should be exercised when engaging in CKC knee flexion of approximately 90 degrees and stepping downstairs in early postoperative period

#### RANGE OF MOTION

- Maintain full ROM

#### STRENGTHENING

- **No loading the knee in greater than 90 degrees of flexion until week 12**
- Continue phase 2 exercises
- Progress balance and proprioception exercises (integrate balance with strengthening)
- Advance lower extremity strengthening (open and closed chain)
- Advance gluteal strengthening
- Include cardiovascular conditioning with elliptical, swimming, and cycle (12+ weeks)
- Precautions
  - Weeks 8-10: limit mini-squats to 0-45 degrees
  - Week 10-12: Heel taps 2-4" & Step ups 6-8"
  - Weeks 12-14: Resisted OKC quadriceps strengthening through full ROM

#### MODALITIES PRN

- Month 4+: agility drills and plyometrics can begin along with any other sport-specific exercises
- Begin cutting and agility exercises
- Work to quad strength to within 15% of less of uninvolved leg

#### MODALITIES PRN

## Phase 4: Postoperative 3+ months

#### GOALS

- Progress to sport-specific activities

#### RANGE OF MOTION

- Maintain full ROM

#### STRENGTHENING

- Continue previous exercises with progressive resistance
- Begin treadmill: jogging and progress to running (walk-run progression)
- Open chain and eccentrics