

Postoperative Rehabilitation Protocol for HTO or DFO



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
 - 0-2 weeks: Set 0-90 degrees
 - 2-4 weeks: Open to available range
 - 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

- 0-2 weeks: 0-90 degrees
- 2+ weeks: progress to full ROM
- Patellofemoral joint mobilization

STRENGTHENING

- Retore quad recruitment
- Quad, hamstring, and gluteal strengthening exercises
- 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

- Restore full, pain-free, active ROM

STRENGTHENING

- Continue phase 1 exercises
- 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

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

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

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- Maintain full ROM

MODALITIES PRN

STRENGTHENING

- 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

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 running progression program
- Month 4+: agility drills and plyometrics can begin along with any other sport-specific exercises