

## Standard Proximal Tibial Osteotomy/Distal Femoral Osteotomy Rehabilitation Protocol

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0 – 6	<ul style="list-style-type: none"> <li>• Protect surgical site</li> <li>• Full ROM</li> <li>• Reduce muscle atrophy</li> <li>• Reduce swelling</li> <li>• Decrease pain and inflammation</li> </ul>	<ul style="list-style-type: none"> <li>• ROM: Progressive as tolerated</li> <li>• TWB with the knee in full extension using crutches</li> <li>• Immobilizer must be on at all times when walking</li> </ul>	<ul style="list-style-type: none"> <li>• PRICE               <ul style="list-style-type: none"> <li>○ Cryotherapy: 5-7 times per day</li> <li>○ Compression with TubiGrip/TEDS</li> </ul> </li> <li>• ROM: Gradual, progressive               <ul style="list-style-type: none"> <li>○ Heel slides</li> <li>○ Patella mobilizations</li> </ul> </li> <li>• Quadriceps recruitment</li> <li>• Global LE and proximal hip musculature activation/strengthening</li> <li>• Gait training with crutches</li> <li>• Initial Visit: FOTO, LEFS</li> </ul>
Weeks 6 – 12	<ul style="list-style-type: none"> <li>• Discontinue knee immobilizer</li> <li>• Full ROM</li> <li>• Reduce atrophy/progress strengthening</li> <li>• Reduce swelling</li> <li>• Normalize gait</li> <li>• SLR without extensor lag</li> </ul>	<ul style="list-style-type: none"> <li>• Progress to WBAT               <ul style="list-style-type: none"> <li>○ Week 6: 1/3 body weight</li> <li>○ Week 7: 2/3 body weight</li> <li>○ Week 8: Full body weight with assistive device</li> <li>○ Week 9+: Full body weight without assistive device</li> </ul> </li> <li>• No jogging or sport activity</li> <li>• Avoid painful activities/exercises</li> </ul>	<ul style="list-style-type: none"> <li>• ROM: As tolerated</li> <li>• Gait training with/without assistive device</li> <li>• Core stabilization exercises</li> <li>• Neuromuscular re-education</li> <li>• Global LE strengthening               <ul style="list-style-type: none"> <li>○ Limit knee flexion angles 0-60 degrees</li> <li>○ Begin functional strengthening exercises (bridge, mini-squat, step up, etc)</li> </ul> </li> <li>• Double limb to single limb balance/proprioception</li> <li>• Aerobic training:               <ul style="list-style-type: none"> <li>○ Alter-G treadmill walking</li> <li>○ Pool, once all incisions healed</li> <li>○ Stationary bike</li> </ul> </li> <li>• Week 6: FOTO, LEFS</li> </ul>
Weeks 12 - 16	<ul style="list-style-type: none"> <li>• No effusion</li> <li>• Full ROM</li> <li>• Increase functional LE strength</li> <li>• Return to activity as tolerated</li> </ul>	<ul style="list-style-type: none"> <li>• Progressive loading at greater knee flexion angles</li> <li>• No jogging or sport activity</li> <li>• Avoid painful activities/exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Aerobic training               <ul style="list-style-type: none"> <li>○ Begin non-impact aerobic training (elliptical / stairmaster)</li> </ul> </li> <li>• Increase loading capacity for lower extremity strengthening exercises</li> <li>• Continue balance/proprioceptive training</li> <li>• Aerobic training:               <ul style="list-style-type: none"> <li>○ Alter-G treadmill walk/jog</li> <li>○ Pool, once all incisions healed</li> <li>○ Stationary bike/elliptical/stairmaster</li> </ul> </li> <li>• Week 12: FOTO, LEFS</li> </ul>

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process.  
 Each patient's progress may vary based on specifics to their injury and procedure.



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- Weeks 16+
- Full ROM
  - Functional strengthening
  - Initiate return to jogging/running program
  - Initiate basic plyometrics
  - Return to sport/activity
  - No jogging until week 16 and cleared by surgeon
  - No jogging on painful or swollen knee
  - No intensive plyometric exercises until week 20 and cleared by surgeon
  - Return to sport 6-8 months post-op with surgeon approval
  - Gradually increase lifting loads focusing on form, control, and tissue tolerance
  - Progress as tolerated: ROM, Strength, Endurance, Proprioception/Balance, agility, Sport specific skills
  - Week 16: begin return to jogging/running program with MD clearance
  - Week 20: begin higher level plyometric and agility training with surgeon clearance
  - Week 16: FOTO, LEFS
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