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High tibial or distal femoral osteotomy  
*Physical Therapy Protocol*  
*Randy Clark MD*

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>RANGE OF MOTION</b>	<b>GOALS</b>	<b>EXERCISES</b>
<b>0-2 weeks</b>	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
<b>2-6 weeks</b> <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
<b>6-8 weeks</b>	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
<b>8-16 weeks</b>	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
<b>16+ weeks</b>	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:

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