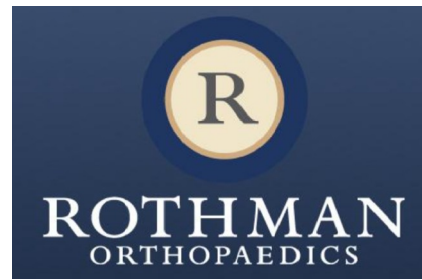


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High Tibial Osteotomy/Distal Femoral Osteotomy Physical Therapy Protocol

Patient Name: _____ Date: _____

Surgery: s/p Right/Left Distal Femoral Osteotomy High Tibial Osteotomy

Date of Surgery: _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

WEEKS 0-2

- ___ Full Extension in Bledsoe Brace locked @ 0 degrees
- ___ Ambulate NWB with Bledsoe Brace locked @ 0 degrees
- ___ Cryotherapy prn
- ___ Passive ROM 0 – 90 degrees
- ___ Calf pumps, quad sets SLR in brace, modalities

WEEKS 2-6

- ___ Progress ROM in Bledsoe to 0 – 60 degrees as Quad tone and strength increase over 6 week period
- ___ Ambulate TTWB in Bledsoe Brace
- ___ Passive ROM 0 – 120 degrees MAX (Active Flexion / Passive Extension) NO ACTIVE EXTENSION
- ___ Straight Leg Raises (in Bledsoe) / Quad Sets
- ___ Quadriceps Isometrics @ 90 degrees
- ___ Biofeedback Unit (E-stim to Quads may be used if Biofeedback not available)
- ___ Begin floor-based core, hip and glutes work Advance quad sets, pat mobs, and SLR

WEEK SIX AND BEYOND

- ___ Advance 25% weight bearing weekly and progress to full with normalized gait pattern
 - ___ Advance assistive device as tolerated – Crutches > Cane > None
 - ___ Out of Bledsoe once adequate quadriceps control
 - ___ Begin Active Extension
 - ___ Continue SLR, Quad Isometrics
 - ___ Begin stationary bike at 6 weeks
 - ___ Outdoor cycling, elliptical, swimming after 12 wks
 - ___ Modalities prn
 - ___ Advance closed chain quads, progress balance, core/pelvic and stability work
 - ___ Advance SLR, floor-based exercises, hip/core
 - ___ Begin training sport-specific drills as tolerated after 20 weeks
- ___ Functional Capacity Evaluation ___ Work Hardening/Work Conditioning ___ Teach HEP

Modalities

___ Electric Stimulation ___ Ultrasound ___ Iontophoresis ___ Phonophoresis ___ TENS ___ Heat before

___ Ice after ___ Trigger points massage ___ Therapist’s discretion

Signature _____ Date _____