

Distal Femoral Osteotomy or Proximal Tibial Osteotomy

Phase I - Maximum Protection

Weeks 0-6:

- Brace- wear at all times unlocked
- Toe touch weight bearing (TTWB) for 6 weeks

Goals

- Reduce inflammation and pain
- Protect surgical repair
- Range of motion
 - No restrictions

Exercise progression

- PROM, AAROM, and AROM
- Quad and glute isometric activation
- Patellofemoral mobilizations
- Open chain hip strengthening
- Able to perform bike with no resistance
- Local core stabilization exercises within weight bearing restrictions

Phase II- Progressive Stretching and Early Strengthening

Weeks 6 to 8:

- Brace- wear at all times unlocked
- Progress to weight bearing as tolerated (WBAT)
- Progress range of motion

Goals

- Reduce inflammation and pain
- Protect surgical repair
- Full range of motion by 8 weeks
- Gait training

Exercise progression

- PROM/AROM/AAROM to achieve full range of motion
- Initiate closed kinetic chain exercises to progress weight bearing status and facilitate muscle activation
- Core stabilization exercises

Phase II- Progressive Strengthening

Weeks 8 to 12:

- Discontinue brace
- Full weight bearing
- Progress closed chain strengthening from double limb to single limb
- Initiate balance/proprioceptive exercises

Goals

- Full range of motion
- Normal gait pattern
- No swelling
- Progress limb strength

Exercise progression

- Initiate elliptical trainer
- Progress closed kinetic chain strengthening from double limb to single limb
- Proprioception drills

Phase IV- Advanced Strengthening and Endurance Training

Weeks 12 to 16:

- Advance strengthening program
- Prepare for Preliminary functional test to perform at 16 weeks
- Progress balance and proprioception

Goals

- Full range of motion
- Protect repair
- Normal gait pattern
- Increase single leg strength

Exercise progression

- Single limb closed chain exercises
- Proprioception drills

Phase V- Running Progression and Plyometric Progression

Weeks 16 to 20:

- Administer Preliminary functional test at 16 weeks for physician to review
- Initiate straight line jogging at 18 weeks if proper biomechanics are demonstrated
- Initiate plyometric training at 18 weeks progressing from double limb to single limb
- Advance strengthening program

Goals

- No swelling
- Full range of motion
- Symmetrical strength and power

Exercise progression

- Basic ladder series
- Linear jogging progression
- Plyometric progression

Phase V- Return to Sport

Weeks 20 to 24:

- Progress plyometric training to multi-direction, change of direction, and deceleration
- Administer Return To Sport functional test prior to 6 month follow up appointment with MD

Goals

- No swelling
- Full range of motion
- Symmetrical strength and power

Exercise progression

- Advance ladder, hurdle, and plyometrics
- Sport specific field/court drills
- Non-contact drills

Criteria to be released for return to sport

- Follow-up examination with the physician
- Pass Return To Sport functional test at >90% (involved vs. uninvolved limb)
- Display symmetry and confidence in high-speed cutting, multi-plane plyometric drills, sprinting and decelerating

Anticipated return to sport:

- 6-9 months for contact and non-contact athletes