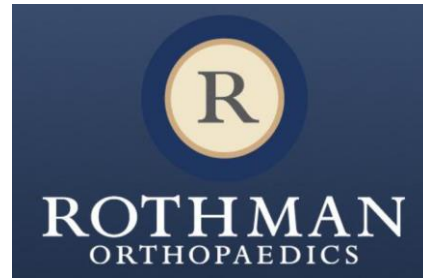


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**High Tibial Osteotomy/Distal Femoral Osteotomy Physical Therapy Protocol/Prescription**

Patient Name: \_\_\_\_\_

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 6 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

Electric Stimulation  Ultrasound  Iontophoresis  Phonophoresis  TENS  Heat before

Ice after  Trigger points massage  Therapist's discretion

Signature \_\_\_\_\_ Date \_\_\_\_\_