

Proximal Tibial Valgus Osteotomy Operative Rehabilitative Protocol

Phase 1 (0-10 days)

- Jones dressing with splints
- Touch down weight bearing with crutches
- Isometric quads, quadriceps sets, straight leg raises

Phase 2 (10 days to 6 weeks)

- Cylinder cast
- Touch down weight bearing to partial weight bearing with crutches
- Isometric quadriceps strengthening

Phase 3 (6 weeks to 12 weeks)

- Partial weight bearing with crutches or cane
- By 12 weeks, full weight bearing if films show union
- Quadriceps and hamstring strengthening
- Cane is used until able to walk without a limp