

**OSTEOTOMY (TIBIAL TUBERCLE, HIGH TIBIAL  
or DISTAL FEMORAL) POST-OP PROTOCOL:**

**1. FIRST SEVEN DAYS:**

C.P.M. 0 to 60 degrees, 8 hours minimum per day.  
Ambulate NON-weightbearing with crutches or walker.  
Brace to be worn fulltime.

**2. ONE WEEK POST-OP:**

First office visit with M.D....dressing change.  
Begin P.T.: Stim. and ROM slowly to 90 degrees.

**3. TWO WEEKS POST-OP:**

Second M.D. visit...Skin clips removed, d/c CPM.

**4. FOUR WEEKS POST-OP:**

Third M.D. visit...Isometric strengthening only.  
ROM slowly to Full. D/C Brace.

**5. EIGHT WEEKS POST-OP:**

Isotonic strengthening.  
Gradually begin to D/C crutches and bear weight as x-rays permit.

**6. TWELVE WEEKS POST-OP:**

Swimming and Cycling allowed.  
Graduate to home exercises.

**7. SIX MONTHS POST-OP: Return to full activity.**

