

PROTOCOL TITLE

Name of Protocol/Regime	Consultant	Updated On	Updated By	Review Date
HTO & DFO Unilateral	DAWSON		P.J.HAMPTON 2018 Sept	Aug 2020

Please note that surgeons may have different post op instructions which must be adhered to

Inpatients

On-Discharge

- Photocopy op. notes to attach to referral.
- Plan for D/C ,refer to outpatients and complete D/C summary.
- Refer to OT for ADL's as required.
- Ensure that the Patient has the initial exercise sheet as required.

Outpatients – Operation notes must be attached

0 – 6 weeks

Goals

Control pain

Control swelling

SLR without lag

AIM for 0 Degrees extension & 90 degrees knee flexion

Mobile patella

Therapy Guidelines

TTWB-PWB with EC,s

Hydrotherapy

6-8 weeks

Goals

Gait -Advance WB to full

(With or without EC,s)

Reduce pain control

Increase control SLR

Progress ROM knee flexion to accommodate Static Bike

Decrease swelling

Therapy Guidelines

Early proprioceptive training

Increase resistance bike

8-12 weeks

Goals

Normal gait

FROM Knee & Hip

Therapy Guidelines

Driving maybe commenced

12weeks- 6/12

Goals

Full strength

Return to functional activities

Therapy Guidelines

Open chain resisted exercises

Running

Cutting

6/12 +

Therapy Guidelines

No restrictions

Goals

Return to sports specific activities (If appropriate)