



FULKERSON OSTEOTOMY POST-OP REHABILITATION

Mauricio F. Herrera, MD

305-595-1317

drsports@me.com

www.herreraspportsmedicine.com

0 - 1 WEEK:

- Cryocuff over light dressing for cryo therapy and compression
- Quadriceps setting exercises as soon as tolerated
- Active and passive ROMs as tolerated
- ELS Brace (locked) PBAT with crutches

1 - 6 WEEKS:

- Cryocuff
- Increase ROMs (active and passive)
- Must continue ELS Brace and crutches (until osteotomy is healed, usually 6 weeks post-op)
- Patellar mobilization
- PWB

6 - 12 WEEKS:

- If quadriceps strength is improving and good active knee control is regained, patient may d/c crutches at 6 weeks
- Full ROMs (unlock brace)
- Strengthen through ROMs (closed chain)
- Patellar mobilization
- WBAT

12 WEEKS:

- Recovery is generally achieved

