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Rehabilitation Protocol Following Fulkerson Osteotomy

POD #1-10

Brace – Locked in extension for ambulation and sleeping. Off for hygiene.

ROM – None.

Exercises – calf pumps.

Weight Bearing – Toe Touch Weight Bearing with crutches.

Week 2-6

Brace – Locked in extension for ambulation. Off at night after week 3.

ROM – 0-30deg advance to 90deg by week 6.

Exercises – SLR, Patellar mobs

Weight Bearing – TTWB until week 4, then Partial Weight Bearing with crutches.

Modalities – Ultrasound, E.Stim.

Week 6-12

Brace – Discontinue.

ROM – 0-140 as tolerated – regain full flexion.

Exercises – patellar mobs, Proprioception, Strengthening (closed chain), and restoration of day to day function. Progress flexibility and strengthening, progression of functional balance, core, glutes program.

Weight Bearing - Weight bear as tolerated.

Beyond 3 months

Sports specific training.

Light running, biking, advanced core, and glutes.