

**DISTAL REALIGNMENT  
REHABILITATION PROTOCOL**

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE 1</b>				
<b>0-12 weeks</b>	* 0-6 wks: heel touch weight bearing (20%)  6-8 wks: transition to full weight bearing  6+ wks: full weight bearing	0-2 wks: locked in full extension (remove for exercise/hygiene)  2-6 wks: unlocked  6-8 wks: wean from brace	Immediate range of motion as tolerated    6+ wks: progress to full ROM	1-6 wks: quad sets, co-contractions isometric abduction/adduction ankle strength, all ROM's  6-10 wks: SLR, partial wall sits, terminal knee ext w/ TB, no greater than 45°, continue previous exercises  10-12 wks: hamstring strength, TB resistance 0-45° light open chain ex. With all ROMs at knee and hip, continue previous exercise
<b>PHASE 2</b>				
<b>12 wks-16 wks</b>	Full with a normalized gait pattern	None	Full	Begin treadmill walking at slow pace, progress to balance/ proprioception ex. initiate sports specific drills
<b>PHASE 3</b>				
<b>16 wks-20 wks</b>	Full	None	Full	Advance close chain strength ex. focus on single leg strength, progress to walking and backward movement TM, initiate light plyometric movements
<b>PHASE 4</b>				
<b>20 wks-24 wks</b>	Full	None	Full	Continue strength training, emphasize single leg loading, progressive running/ agility program, high impact activities at 16 months

\* WB is restricted for 4-6 weeks to protect the bony portion of the procedure

**Note: If significant pain or swelling occurs with any activity, the protocol must be modified to decrease symptoms as per physician recommendations**

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