

Fulkerson Osteotomy Rehab Protocol

	WB and ROM	Brace Use	Therapeutic Elements
0-2 weeks	NWB with crutches	Locked in extension; off to do exercises and shower.	Quad sets, SLR, hamstring isometrics. If not adequate HS control, all exercises in brace, otherwise out of brace.
2-4 weeks	TTWB only, progress to 30-40 pounds	Locked at zero degrees with WB	same
4-6 weeks	PWB slowly progressing to full WB with use of one crutch	Gradually unlock brace 20 degrees at a time. Discontinue once Quad function is obtained (controlled SLR without extension lag)	Isometric closed chain exercises. Add open chain kinetic exercises at 6 weeks, bilateral closed chain exercises.
6-12 weeks	Progress to Full WB without crutches	No Brace	6-10 weeks: stationary bike 10-12 weeks: Hamstring strengthening, theraband 0-30, knee isometrics, light open chain exercises