

OSTEOTOMY REHAB

Days 0 to 14

Immediate post-surgery care is about wound healing and swelling management. You will be in hospital overnight. You will be allowed to partial weight bear with the help of crutches. You will be in a knee brace, to be worn at all times (except for exercises). Regular icing 2-3 minutes every hour is recommended.

Remove your bandaging in 24 hours, but leave your waterproof dressings on until your review in clinic 10-14 days post-surgery. You can shower with your waterproof dressings on.

Contact my team if you have any concerns about your wound or to confirm your appointment time.

**Exercises**

* Knee straightening – ensure your knee comes out straight
* Knee bends – aim to bend your knee up to 90 degrees
* Quadriceps activation

Weeks 2 onwards

Progress with your knee range of motion and quadriceps strengthening exercises. You can commence physiotherapy at 2 weeks. You can also increase your weight bearing to full as pain allows but use crutches for support, with the aim to come off crutches and brace completely at 6 weeks.

You can consider returning to desk duties if clearance given around 6 week and light duties at 2 months.

4 months onwards

At this stage, return to manual labour / heavy duties will depend on the exact demands of your work and this can be discussed with your surgeon.