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**Extensor Mechanism Realignment/Fulkerson Osteotomy
Post-op Rehab**

Phase I: Initial Post-op – 0-4 Weeks

Weight Bearing: Toe touch weight bearing with crutches

Brace: Locked in brace 0-90°

ROM: 0-90°

Therapeutic exercises

ROM: Wall slides, heel slides, seated flexion, prone knee flexion, stationary bike for AAROM, prone hangs.

Strengthening: Quad/ham/glut sets
SLR; ankle strengthening

Gait: Gait training as needed

Proprioception: Progressive SLB activities static to dynamic with perturbations

Aquatics (once sutures removed): Address problem areas

Phase II: 4-6 Weeks

Weight Bearing: Progress to full weight bearing

Brace: Discontinue brace at 4 weeks

ROM: Full ROM to 135°

Therapeutic Exercises

ROM: PROM as needed, stationary bike, shuttle.

Strengthening: Body weight squats/Wall squats, toe raises.

Gait: On land or in pool as needed

Proprioception: Progressive functional SLB activities

Aquatics: Deep water running, gradual introduction of WB forces

Phase III: 6-12 Weeks

Weight Bearing: Full weight bearing without pain or limp.

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Therapeutic Exercises

Strengthening: Leg press, shuttle, ham curls, step-ups.
Proprioceptive Ex: Single limb stance, wobble board. Progress as tolerated on gradually less stable surfaces, eyes closed, perturbation training, etc.

Phase IV: 8-16 Weeks

Weight Bearing: Running/cutting without limp.

Therapeutic Exercises:

Strengthening, Proprioceptive Ex: Advance as tolerated
CV Conditioning: Begin straight ahead jogging on "soft level surface". Gradually incorporate turns/cutting.

Revised: 9/04