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Rehabilitation Protocol: Distal Tibia Osteotomy

- Air cast boot is used for 12 weeks post-operatively.
- Non weight bearing x 6 weeks, then toe touch weight bearing x 3 weeks. After that, protected weight bearing x 3 weeks. *
- Early, gentle, ankle range of motion exercises are allowed at post-operative week 2 and onwards.
- At 12 weeks, plan is for full weight-bearing and rehabilitation with muscle strengthening, gait training, passive and active range of motion, and coordination and proprioception muscular activities.

* Progression with weight bearing will depend on healing seen on x-rays.