

SCFE s/p percutaneous pinning – PEDS ORTHO

Preoperative crutch training with crutches TDWB done with MD visit

Phase I (Weeks 0 – 6) PROTECTION PHASE

- TDWB with crutches for 6 weeks
- IF prophylactic pinning on the opposite side, that side will be WBAT for transfers
- Ankle, hip and knee ROM as tolerated

Phase II (weeks 6-12) INTERMEDIATE PHASE

- Begin physical therapy following six week follow up with MD
- Encourage hip ROM and normalize gait
 - Heel slides, standing hip flexion, ab/ext
 - Weightbearing exercises to promote strength (minisquats, step ups, toe raises)
 - Proprioception for balance

Phase III (weeks 12-15) Return to play phase

- Focus on sport specific activities
- Return to play with physician approval at 3-4 months