

## **GANZ OSTEOTOMY**

### **PHYSIOTHERAPY PROTOCOL**

#### **INDICATIONS**

Acetabular dysplasia resulting in arthritic changes in the hip joint, causing pain and limping during gait.

#### **AIMS OF GANZ OSTEOTOMY**

To restore the hip anatomy by deepening the acetabulum.

#### **PRE-OPERATIVE**

Patients should be evaluated prior to surgery, including:

- Assessment of joint range of motion, muscle strength, mobility and general function
- Respiratory assessment and treatment if necessary
- Explanation of post-operative physiotherapy management, including respiratory and circulatory exercises;
- Teaching patient independence with bed mobility and transfers
- Pre-operative exercise/activity programme

#### **POST OPERATIVE**

- Patients 18 years and older will be cared for on the orthopaedic ward, patients 17 and younger will be cared for on the High Dependency Unit for the first 24 hours.
- Check operation notes and post-operative physiotherapy and mobility instructions

#### **Day 1**

- Assess respiratory status and treat if necessary.
- Encourage circulatory exercises, isometric quadriceps and gluteal exercises.
- Encourage bed mobility
- Stand patient out of bed towards the operation side with a frame and assistance of 2 or more as appropriate

## **Day 2**

- Mobilise with frame or crutches, assistance of 2 and non-weight bearing unless otherwise stated
- Sit out for a short period if able

## **Day 3 onwards**

- Can attend gym
- Progress to independent mobility on elbow crutchesIndependent mobility up and down stairs
- Develop home programme:
  - Active range of movement of operation hip: flexion, abduction, extension to neutral
  - Active range of movement of knee on operation side
  - Achilles stretches
  - Strengthening exercises: isometric gluteals, isometric and inner range quadriceps. Quadriceps arcs in sitting
- Educate patient on postural awareness
- Encourage the patient to lie supine for 15-25 minutes every day to stretch hip flexors

## **Discharge Criteria**

- Independently mobile on elbow crutches
- Independent on stairs
- Independent with home program

## **Six weeks**

Clinic review and patients are usually allowed to progress to partial weight bearing

Patient may need to be seen for gait re-education

## **Twelve weeks**

Clinic review and progress to full weight bearing

Patients will require physiotherapy review at this time to progress hip extension, progress strengthening around the hip and progress gait to fully weight bearing