

Resource Summary Report

Generated by [dkNET](#) on Sep 13, 2026

Rehabilitation protocol after varization osteotomy - Case Study

DOI:10.17504/protocols.io.bi5kkg4w

Type: Protocol

Proper Citation

Sebastião Santos 2021. Rehabilitation protocol after varization osteotomy - Case Study. protocols.io dx.doi.org/10.17504/protocols.io.bi5kkg4w

Protocol Information

URL: <https://dx.doi.org/10.17504/protocols.io.bi5kkg4w>

Authors: Sebastião Santos

Summary: Background: Knee rehabilitation using therapeutic exercises in the aquatic environment has been used in order to initiate lower limb rehabilitation earlier and improve joint movements, as it reduces pain and allows for earlier weight bearing. Objective: To develop and describe the effects of an aquatic therapeutic exercise program in a case study of tibial osteotomy and varus femur. Methods: A 15-year-old girl undergoing a tibial and femoral varus osteotomy completed an aquatic therapeutic exercise program consisting of a total of 30 sessions (3 sessions per week of 60 minutes). The subject was evaluated at two different times (at the beginning and end of the intervention). Results: There was an improvement in the various parameters evaluated (knee flexion: 66° vs 125°; knee extension: -7° vs -1°; pain on movement: 6/10 vs 0/10). Conclusion: The aquatic therapeutic exercise program used in this study has beneficial effects in a clinical case of tibial osteotomy and varus femur.

Affiliations: CIDESD (The Research Center in Sports Sciences, Health Sciences and Human Development), Vila Real, Portugal; Professor, Ministry of Education, Portugal

Version: 1

Publication Date: 2021

Proper Citation: Sebastião Santos 2021. Rehabilitation protocol after varization osteotomy - Case Study. protocols.io dx.doi.org/10.17504/protocols.io.bi5kkg4w

Record Creation Time: 20210329T220519+0000

Record Last Update: 20210329T220844+0000

Data and Source Information

Source: