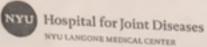
High Tibial Osteotomy Post-Operative Rehabilitation Protocol



Assistant Professor of Orthopaedic Surg Division of Sports Medicine

Name	Date:
Diag	nosis: Date of Surgery:
	Phase I: 0-4 Weeks • Weightbearing: • Partial weightbearing (25%) with crutches and brace locked in extension (0-2 weeks) • Advance to full weightbearing with crutches and brace locked in extension (2-4 weeks) • Hinged Knee Brace: Locked in extension for all activities (including sleeping) – removed for PT • Range of Motion: AROM/AAROM/PROM – Goal of 0-90 degrees under guidance of PT • Therapeutic Exercises: Heel slides 0-90 degrees, quad sets, ankle pumps, non-weightbearing calf/hamstring stretches, straight leg raise with brace locked in full extension, resisted ankle dorsiflexion/plantarflexion
	Phase II: 4-6 Weeks • Weightbearing: • As tolerated with crutches – hinged brace unlocked • Hinged Knee Brace: Unlocked for ambulation – May remove at night for sleeping • Range of Motion: AROM/AROM/PROM – Goal of 0-120 degrees under guidance of PT • Therapeutic Exercises: Progress phase I exercises, straight leg raise with out of brace if capable of maintaining extension, may add stationary bicycle • No Closed Chain Activities Until 6 Weeks Post-Op
	Phase III: 6-12 Weeks Weightbearing: As tolerated – may discontinue use of crutches – Goal is normal gait pattern Hinged Knee Brace: Discontinue if capable of straight leg raise without extensor lag Range of Motion: AROM/AAROM/PROM – Goal: Full pain-free ROM Therapeutic Exercises: Mini-squats 0-45 degrees, progress to step-ups, leg press 0-60 degrees, closed chain terminal knee extensions, toe raises, balance activities, hamstring curls, may increase to moderate resistance on stationary bicycle
	Phase IV: 3-9 Months • Weightbearing: • Full weightbearing with a normal gait pattern • Range of Motion: Full pain-free ROM • Therapeutic Exercises: Progress closed chain activities, begin treadmill walking, swimming, and sport specific activities
	Comments:
	Frequency:times per week Duration:weeks
	Signature: Date: