

Post-Operative Rehabilitation Guidelines for High Tibial Osteotomy - Rehab Protocol

0-6 Weeks:

- Strict Heel Touch Only with crutches
- Brace Locked in extension
- May remove brace for hygiene (on for sleeping for the first 2 weeks)
- ROM 0 - 90 (Passive, Active Assist)
- Quad sets, ankle pumps
- 2 weeks: Begin floor-based core, hip and glutes work and patellar mobilization and SLR, Progress non-weight bearing flexibility, modalities.
- Brace can be opened 0-90 and worn daytime only until 6 wks

6-8 Weeks:

- Advance to PWB (25 and then 50%) weeks 6-8
- Full unlimited Active/Passive ROM. Advance as tolerated.
- Advance closed chain quads, progress balance
- Core/pelvic and stability work
- Begin stationary bike at 6 weeks
- Advance SLR, floor-based exercise; hip/core

8 -16 Weeks

- Progress flexibility/strengthening
- Progression of functional balance, core, glutes program
- Advance bike, add elliptical at 12 wks as tolerated Swimming okay at 12 wks

16 Weeks:

- Advance Phase IV activity Progress to functional training, including impact activity after 20 wks when cleared by MD