

High Tibial Osteotomy Post-Operative Rehabilitation Protocol

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ARTHROSCOPIC SURGERY | JOINT RECONSTRUCTION



Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I: 1 - 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/AAROM/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 full 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 the 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

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

{ P }
{ SEP }

Date: { P } _____ { SEP }