

## HIGH TIBIAL OSTEOTOMY REHABILITATION PROTOCOL

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>THERAPEUTIC EXERCISES**</b>
<b>PHASE I</b> <b>0 - 4 weeks</b>	<b>0-2 weeks:</b> PWB (25%) with crutches and brace locked in extension <b>2-4 weeks:</b> advance to full weight bearing with crutches with brace locked in extension	Locked in full extension for all activities (including sleeping) - remove for exercise and CPM use (if applicable)	As tolerated - CPM* for 2 hours, twice daily, from 0 - 90° of flexion out of brace	Heel slides 0 - 90°, quad sets, ankle pumps, calf/hamstring stretches***, SLR with brace locked in full extension, resisted plantarflexion
<b>PHASE II</b> <b>4 - 6 weeks</b>	As tolerated with crutches - begin to advance to a normalized gait pattern without crutches	Unlocked for ambulation - removed for sleeping	Discontinue CPM if knee flexion is at least 90°	Progress exercises in phase I, SLR without brace if able to maintain full extension, initiate stationary bike with low resistance
<b>PHASE III</b> <b>6 weeks - 3 months</b>	Full, without use of crutches and with a normalized gait pattern	Discontinue use - per physician	Gain full and pain-free	Mini-squats 0-45° - progressing to step-ups, leg press 0-60°, closed chain terminal knee extensions, toe raises, balance activities, hamstring curls, increase to moderate resistance on bike
<b>PHASE IV</b> <b>3 - 9 months</b>	Full	None	Full and pain-free	Progress closed chain activities, begin treadmill walking, swimming, and sport-specific activities

\*CPM used if concomitant arthroscopy performed at the time of osteotomy

\*\*No closed chain exercises until 6 weeks post-op

\*\*\*This exercise is to be completed in a non-weight bearing position