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High Tibial Osteotomy_ Rehabilitation Guidelines

Acute/Immediate Post-Operative Phase 0-4 weeks

Guidelines

- Bracing: Extension Lock Splint (ELS) locked at zero; can be removed for exercises. Ice-Man or ice application
- WB status: NWB
- ROM: 0-90 degrees
- Exercises: Quadriceps setting (full extension), SLRs – flexion, abduction, extension and adduction, patellar mobility, calf and hamstring stretching (seated only), ankle pumps, heelslides 0-90 DEGREES

**Can remove brace for exercises.

Moderate Protection Phase 4-6 weeks

Guidelines

- WB status: NWB
- Bracing: Discontinue brace when patient has adequate quad control (not before POW 4)
- ROM: As tolerated
- Exercises: Continue isometric quad strengthening and non-weight bearing activities

Minimal Protection Phase (Progressive ROM/Strengthening) 7-12 weeks

GOALS:

- Full knee flexion and extension ROM
- Good quadriceps control
- Good proprioceptive control

Guidelines

- WB status: WBAT
- ROM: as tolerated
- Exercises: Continue quad strengthening, ROM and stretching, begin closed chain activities in small range flexion (0-45 degrees) with bilateral LE, progress to greater knee flexion range and from bilateral to unilateral strengthening (ex: quarter-squats → mini-squats, heel raises bilateral → unilateral, step-ups → step-downs, bilateral leg press → unilateral..., etc.), proprioception activities bilateral → unilateral, hamstring curls

Return to Sport Phase

- Exercises: Progress to treadmill walking, sport specific activities, progress proprioception activities as tolerated

**Modalities as needed for pain control and quadriceps strengthening are permitted.