



ADVANCED ORTHOPAEDIC SPECIALISTS



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High Tibial Osteotomy Rehabilitation Protocol

	Weight Bearing	Brace	ROM	Therapeutic Exercises
Phase I 0 - 4 weeks	0-2 Weeks: non-weight bearing 2-6 Weeks: toe-touch weight bearing	0-2 Weeks: Locked in full extension -sleep in brace -remove for CPM 2-4 Weeks: Increase 20° at a time -Discontinue use when quads can control SLR without an extension lag	Week 1: 0-90° Week 2: 0-105° Week 3: 0-115° Week 4: 0-125°	Heel slides 0-90°, quad sets, ankle pumps, calf/hamstring stretches*, SLR with brace locked in full extension, resisted plantar-flexion
Phase II 4 - 6 weeks	2-6 Weeks: toe-touch weight bearing 6 Weeks: 25%	Unlocked for ambulation -remove for sleeping	Gradually pass 125° by week 6	Progress exercises in phase I, SLR without brace if able to maintain full extension, initiate stationary bike with low resistance
Phase III 6 weeks - 3 months	8 Weeks: 50% 10 Weeks: 75% 12 Weeks: 100%	Discontinue use per MD Fit for unloader brace	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
Phase IV 3 months - 18 months	Full with a normalized gait pattern	None	Full and pain-free	Continue strength training, emphasize single leg loading, begin a progressive running/agility program, high impact activities (basketball, tennis, etc.) may begin at 16 months if pain-free.

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