

Ascension Borgess Orthopedics & Sports Medicine

Postop Rehabilitation

High Tibial Osteotomy

Phase I (0-6 weeks)

Weight Bearing: With crutches, toe-touch WB.

Range of Motion: 0-90d. Bumped-heel knee extension 10min, 3 x / day.

Brace: 0-90d. Off for sleeping after 2 wks.

Exercises: SLR. Short arc quads. Core. Hip abductors.

Phase II (6-12 weeks)

Weight Bearing: Progress 25% weekly to full as tolerated

Range of Motion: Full. Extension stretching.

Brace: None

Exercises: Closed chain quads. Hamstring curls. Step-ups. Core. Balance. Hip Abductors. Toe raises. Stationary bike, low resistance.

Phase III (3-5 months)

Weight Bearing: Full

Range of Motion: Full

Brace: None

Exercises: Advance closed chain quads. Proprioception. Core. Hip abductors. Toe raises. Plyometrics. Sport-specific drills. Bike. Elliptical.

Phase IV (5-12 months)

Weight Bearing: Full

Range of Motion: Full

Brace: None

Exercises: Core. Hip abductors. Quad strengthening. Plyometrics. Sport-specific drills. Progress elliptical to running. Return to full impact activity as tolerated after 6 months.