



Post-Operative Rehabilitation for High Tibial Osteotomy

Phase I: Weeks 0-2

- Heel Touch Weight Bearing
- Brace: At all times, including sleep. May remove for showering.
- ROM:
 - Goal is symmetric extension (including hyperextension)
 - Flexion 0-90°
- Exercises
 - Quad sets, SLR in brace, ankle pumps, heel props, calf stretching

Phase II: Weeks 2-6

- Heel Touch Weight Bearing
- Brace: At all times during the day, open 0-90°. May remove for sleep and shower.
- ROM:
 - Maintain symmetric extension
 - Progress flexion to full
- Exercises:
 - Progress non-weight bearing flexibility, modalities PRN
 - Progress quad sets, SLR, patellar mobs
 - Begin Core/glute exercises (floor based)

Phase III: 6-8 weeks

- Weight bearing:
 - Advance 25% weekly to full
- Maintain full ROM
- Exercises:
 - Progress closed chain quad exercises, SLR, floor based exercises, progress balance training
 - Maintain core/glute/hip strength (floor based)
 - Begin Stationary bike at 6 weeks
 - Gait training as WB advances

Phase IV: 8-16 weeks

- Full Weight bearing
- Maintain full ROM
- Exercises:
 - Progress strength/flexibility and functional balance
 - Continue to maintain core/hip/glute strength
 - Progress stationary bike, may add elliptical and swimming at 12 week

Phase V: 16-24 weeks:

- Exercises:
 - Advance Phase IV exercises
 - Progress to functional training and impact activity after 20 weeks AND MD CLEARANCE