

REHABILITATION PROTOCOL: HIGH TIBIAL OSTEOTOMY

□ Phase 1 (Weeks 0-6)

- Non weight bearing with brace locked in extension (weeks 0-2)
- Toe touch weight bearing with progression to partial weight bearing in brace locked in extension (weeks 4-6)
- Range of motion
 - AAROM/PROM – Passive extension only
 - 0-90° (weeks 0-4)
 - 0-120° (weeks 4-6)
- Therapeutic exercises
 - Quad sets, gluteal sets, ankle pumps, side-lying hip abduction/adduction with brace until elimination of quad lag, straight leg raise with brace locked in extension, clam shell, hamstring/ITB/gastroc stretch
 - Stationary bike with no resistance

□ Phase 2 (Weeks 6-12)

- Weight bearing as tolerated at 8 weeks per surgeon/radiographs
- Brace unlocked for ambulation until good quad control, discontinue at 8 weeks
- Range of motion
 - PROM/AAROM/AROM as tolerated
- Therapeutic exercises
 - Stretching: hamstring, gastroc/soleus, prone quads with strap
 - Strengthening: TKE 0-40°, leg press, partial range wall squats 0-45°, forward/lateral step ups,
 - Week 8: Romanian dead lifts, band walks, stool walks
 - Week 9: BOSU partial squat 0-60°
 - Week 10: Prone hamstring curl, begin with ankle weights and progress to weight machine
- Modalities per PT discretion

□ Phase 3 (Weeks 4-6)

- Weight bearing as tolerated, hinged knee brace locked in extension, and eventual discontinue crutch use
- Range of motion:
 - AAROM → AROM flexion and passive extension 0-90°
 - Can progress 15° each week to reach goal
- Therapeutic exercises
 - Isometric quadriceps, hamstring, adductor, and abductor exercises (NO STRAIGHT LEG RAISE)
- Modalities per PT discretion

□ Phase 4 (3+months)

- Full weight bearing
- Range of motion: Full and painless
- 4 months: Begin running
- 4-5months: Start sport/job specific training
- 7-9 months: Return to sport