

High Tibial Osteotomy

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-2 PT 1x/day HEP daily	Edema and pain control Protect surgical repair STRICT NWB ROM 0-90°	Brace on at all times during day and while sleeping (may remove for hygiene)	Calf pumps Quad sets SLR in brace Modalities
Weeks 2-8 PT 1-2/week HEP daily	Edema and pain control Protect surgical repair STRICT NWB (Weeks 2-6) WBAT (Weeks 6-8) ROM Progress as tolerated	May wean out of brace at night Must be in brace at all times during the day (may remove for hygiene)	Progress NWB flexibility Modalities Begin floor-based core and glute exercises Advance quad sets, patellar mobs, and SLR Begin stationary bike 6 weeks
Weeks 8-10 PT 2x/week HEP daily	WBAT Full ROM	May wean out of brace Full ROM	Advance closed chain quads, progress balance, core/pelvic, and stability work Advance SLR, floor-based exercise, hip/core
Weeks 10-16 PT 1-2x/week HEP daily	WBAT Full ROM		Progress flexibility/ strengthening, progression of functional balance, core, glutes program Advance bike, add elliptical at 12 weeks as tolerated Swimming okay at 12 weeks
Weeks 16-24 PT 1-2x/week HEP daily	WBAT Full ROM		Advance Phase IV activity Progress to functional training, including impact activity after 20 weeks when cleared by MD

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