




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 ROM 0-90° (Weeks 2-4) Increase to full ROM (Weeks 4-8)	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
Weeks 8-10 PT 2x/week HEP daily	Advance weight bearing 25% weekly and progress to full with normalized gait pattern Full ROM	May wean out of brace Full ROM	Advance closed chain quads, progress balance, core/pelvic, and stability work Begin stationary bike at 8 weeks 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

Physician's Signature:  _____