



THE ORTHOPEDIC PARTNERS  
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

## CLOSING WEDGE HIGH TIBIAL OSTEOTOMY POST-OPERATIVE PROTOCOL

### **PHASE I – MAXIMUM PROTECTION:**

#### **WEEKS 0-2:**

- Elevation, ice, and modalities to reduce pain and inflammation
- Locked brace @ 10 degrees
- Use crutches non-weight bearing for at least 3 weeks; progress off crutches as instructed by physician
- Hinged knee brace will be opened to full range of motion at first office visit with the physician
- Exercises:
  - Initiate patella mobility drills
  - Begin full passive/active knee range of motion exercises
  - Quadriceps setting focusing on VMO restoration
  - Multi-plane open kinetic chain straight leg raising
  - Gait training with crutches (NWB)

### **PHASE II – PROGRESSIVE STRETCHING AND EARLY STRENGTHENING:**

#### **WEEKS 2-6:**

- Maintain program as outlined in week 0 to 1
- Continue non-weightbearing with crutches until week 3
- Initiate partial weightbearing at week 3. Increase by 25% of body weight every 3 days as tolerated.
- NWB ROM as tolerated
- Brace unlocked at 0-70 degrees per ROM allows
- Continue with modalities to control inflammation
- Initiate global lower extremity stretching program
- Exercises:
  - Begin stationary bike and pool exercise program (when incisions healed)
  - Implement reintegration exercises emphasizing core stability
  - Closed kinetic chain multi-plane hip strengthening on uninvolved side
  - Manual lower extremity PNF patterns
  - Multi-plane ankle strengthening

### **PHASE III – STRENGTHENING AND PROPRIOCEPTIVE PHASE:**

#### **WEEKS 6-10:**

- Transition to full weight bearing over 7-10 days
- Modalities as needed



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- Continue with Phase II exercises as indicated.
- Normalize gait pattern
- Advance stationary bike program; begin treadmill walking and elliptical trainer; avoid running and impact activity
- Initiate closed kinetic chain exercises progressing bilateral to unilateral
- Initiate proprioception training

**PHASE IV – ADVANCED STRENGTHENING:**

**WEEKS 10-16:**

- Initiate gym strengthening-beginning bilateral progressing to unilateral
  - Leg press, heel raises, hamstring curls, squats, lunges, knee extensions (30° to 0° as tolerated).

**WEEKS 16-24:**

- Continue with advanced strengthening
- Begin functional cord program

**PHASE V – RETURN TO SPORT/FUNCTIONAL PROGRAM**

**WEEK 24:**

- Follow-up examination with physician
- Implement sport specific multi-directional drills
- Continue with lower extremity strengthening, cardiovascular training, and flexibility
- Sports test for return to play