



## HIGH TIBIAL OSTEOTOMY POST-OPERATIVE PROTOCOL

### **PHASE I – MAXIMUM PROTECTION:**

#### **WEEKS 0-1:**

- Ice and modalities to reduce pain and inflammation
- Use crutches non-weight bearing for at least 6 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
- Elevate the knee above the heart for the first 3 to 5 days
- 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 1-6:**

- Maintain program as outlined in week 0 to 1
- Continue non-weightbearing with crutches until week 6
- Brace: to be worn at all times while ambulating
- 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 6-8:**

- Modalities as needed
- Continue with Phase II exercises as indicated.
- Initiate partial weightbearing at week 6. Increase by 25% of body weight every 3 days as tolerated.
- Wean off crutches to full weightbearing by end of week 8.

#### **WEEKS 8-12:**

- 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



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- Initiate proprioception

training

## **PHASE IV – ADVANCED STRENGTHENING:**

### **WEEKS 12-16:**

- 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