

High Tibial Osteotomy Protocol

- A. 0-6 weeks post-op
 - 1. Gait: NWB using crutches, TDWB if patient can stay true to it
 - 2. ROM restrictions: To tolerance
 - 3. Frequent cryotherapy and modalities as indicated
 - 4. Bracing: IROM, locked during ambulation
 - 5. Exercise
 - a. ROM to tolerance
 - b. OKC hip (wgt. proximal to knee), NWB core strength and stabilization work
 - c. Q-sets, ankle pumps, seated HS stretch, seated towel gastroc stretch
 - d. No resistance stationary bike

- B. 6-12 weeks post-op
 - 1. Gait: WB now physician directed. Beginning at 6 weeks post-op, WB is gradually increased to full. Then wean from AD as indicated.
 - 2. Continue cryotherapy and modalities as indicated
 - 3. Bracing: Wean from AD first, then IROM as indicated
 - 4. Exercise
 - a. Progressive OKC quad strength
 - b. Progressive CKC exercise within WB restrictions
 - c. Progressive balance/proprioceptive work when FWB
 - d. Progressive non-impact cardio: Stationary Bike→Elliptical→Stairmaster
 - e. Progressive hip and core work (OKC and within any WB restrictions)

- C. 12 weeks post-op: Introduce interval jog-running, physician cleared

- D. 16 weeks post-op: Start Sport Specific Training
 - 1. Jog advanced to running and sprinting
 - 2. Progressive plyometrics
 - 3. Progressive agilities and sport specific training and streamlining