

Rehabilitation Protocol: High Tibial Osteotomy



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Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Weeks 0-4)

- **Weightbearing:** Non-weightbearing with crutches and brace locked in extension (0-4 weeks)
- **Hinged Knee Brace:** Locked in full extension for all activities, including sleeping – removed for PT
- **Range of Motion:** AROM/AAROM/PROM – **Goal:** of 0-90 degrees under guidance of PT
- **Therapeutic Exercises**
 - Quad sets, heel slides 0-90 degrees, ankle pumps
 - Non-weightbearing stretch of the Hamstring/Gastroc/Soleus
 - Straight-Leg Raises with brace in full extension, resisted ankle dorsiflexion/plantarflexion

Phase II (Weeks 4-6)

- **Weightbearing:** Partial (25-50%) weightbearing with crutches
- **Hinged Knee Brace:** Unlocked for ambulation, may remove at night for sleeping
- **Range of Motion:** AROM/AAROM/PROM – **Goal:** of 0-120 degrees under guidance of PT
- **Therapeutic Exercises**
 - Progress with Phase I exercises
 - Straight leg raise out of the brace if capable of maintaining full extension
 - Stationary bicycle
 - **No closed chain activities until 6 weeks postoperative**

Phase III (Weeks 6-12)

- **Weightbearing:** As tolerated, may discontinue crutches, goal is normal gait pattern
- **Range of Motion:** AROM/AAROM/PROM – **Goal:** Full pain-free ROM
- **Therapeutic Exercises**
 - Mini-squats 0-45 degrees, progress to step-ups, leg press 0-60 degrees
 - Closed chain terminal knee extensions, toes raises, balance activities, hamstring curls
 - May increase to moderate resistance on the stationary bicycle

Phase IV (Months 3-9)

- **Weightbearing:** As tolerated with a normal gait pattern
- **Range of Motion:** Full pain-free ROM
- **Therapeutic Exercises**
 - Progress with closed chain activities
 - Begin treadmill walking, swimming and sport-specific activities

Comments:

Frequency: ____ times per week

Duration: _____ weeks

Signature: _____

Date: _____