

REHABILITATION GUIDELINES FOR HIGH TIBIAL OSTEOTOMY

PHASE I (WEEKS 0-6)

DATES:

Appointments	<p>MD appointment at 10-14 days</p> <p>Begin physical therapy (2-3x/week)</p>
Rehabilitation Goals	<ul style="list-style-type: none"> • 0-90° first 2 weeks, then slow progression of ROM to full by 6 weeks • Decrease knee and leg swelling • Promote quadriceps muscle strength • Gain full extension with slow progression to full knee flexion
Precautions	<ul style="list-style-type: none"> • TTWB till specific MD instructions to progress • Brace: On at all times during day and while sleeping** Off for hygiene • Avoid varus/valgus stress and pivoting
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • CPM 10 hours/day for weeks 0-2 set 0-90 degrees • Calf pumps, quad sets, SLR in brace, heel slides 0-90° • Resisted ankle DF/PF • Begin floor-based core and glutes exercises. • Advance quad sets, short arc lift, standing hamstring curl • SLR into flexion ok without brace if no lag.
Cardiovascular Exercises	<ul style="list-style-type: none"> • Seated UBE for upper body only

PHASE II (6-12 WEEKS)

DATES:

Appointments	<p>Continue physical therapy (1-2x/week)</p>
Rehabilitation Goals	<ul style="list-style-type: none"> • Full ROM and Full Muscle Strength • Progressive weight bearing on cleared by MD

Precautions	<ul style="list-style-type: none"> • Partial Weight bearing progressing to full weight bearing pending MD clearance • Discontinue brace at 6 weeks
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Advance closed chain quads, progress balance, core/pelvic and stability work • Advance SLR, floor-based exercise; hip/core • Mini-squats 0-45 degrees, progress to step-ups, leg press 0-60 degrees, closed chain • terminal knee extensions, toe raises, balance activities, hamstring curls, may increase to moderate resistance on the stationary bicycle • Aquatic therapy
Cardiovascular Exercises	<ul style="list-style-type: none"> • Stationary bike at 6 weeks
Progression Criteria	<ul style="list-style-type: none"> • Full ROM

PHASE IV (12-24 WEEKS)

DATES:

Appointments	Continue physical therapy (2x/week)
Rehabilitation Goals	<ul style="list-style-type: none"> • Return to sport
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Progress flexibility/strengthening, progression of functional balance, core, glutes program • Advance bike, add elliptical at 12 wks as tolerated • Progress to functional training, including impact activity after 20 wks when cleared by MD
Cardiovascular Exercises	<ul style="list-style-type: none"> • As tolerated. May begin treadmill walking, swimming and sport specific activities.

References: <http://www.briancolemd.com/>

PT name and date: Sara E. Chavez, MPT

MAMMOTH ORTHOPEDIC INSTITUTE

85 Sierra Park Road ▪ Mammoth Lakes, CA 93546 ▪ 760.924.4084

162 South Main Street ▪ Bishop, CA 93514 ▪ 760.872.7766

SIERRA PARK PHYSICAL AND OCCUPATIONAL THERAPY

85 Sierra Park Road ▪ Mammoth Lakes, CA 93546 ▪ 760.934.7302

162 South Main Street ▪ Bishop, CA 93514 ▪ 760.872.2942