



## High Tibial Osteotomy Rehabilitation Program

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**Diagnosis:** Right / Left Tibial Osteotomy \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

### Weeks 0-4 (Phase I):

- ›› Weightbearing
  - 0-2 weeks: partial WB (25%) with crutches
  - 2-4 weeks: Progress WB slowly to FWB with crutches and brace locked in extension
- ›› Brace/ROM
  - 0-2 weeks: Brace locked in full extension for all activities (remove for hygiene or CPM use)
  - 2-4 weeks: Unlock brace, progress ROM as tolerated; use CPM if able 0-90°
- ›› Exercise
  - 0-2 weeks: Quad sets, patellar mobs, SLRs, ankle pumps, resisted ankle movements
  - 2-4 weeks: Progress above exercises, heel slides 0-90°

### Weeks 4-6 (Phase II):

- ›› Progress WB with crutches and progress to full WB w/o crutches
- ›› Progress Phase I exercises
- ›› Brace unlocked for ambulation; SLRs w/o brace if able to maintain full extension
- ›› Initiate stationary bike at low resistance
- ›› No closed chain exercises until 6 weeks post-op

### Weeks 6-12 (Phase III):

- ›› Mini squats 0-45° progressing to step-ups
- ›› Leg press 0-60°
- ›› Closed chain terminal knee extensions, toes raises, balance exercises
- ›› Hamstring curls, increase bike resistance

### Months 3-9 (Phase IV):

- ›› Continue strengthening, emphasize single leg loading
- ›› Progress closed chain activities
- ›› Begin treadmill walking, swimming, progress as tolerated
- ›› Progress running/agility program
- ›› Return to high impact activities at 9 months if ok per Dr. Nuelle

**For more information please visit:** [www.tsaog.com/drnuelle](http://www.tsaog.com/drnuelle)