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