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## *High Tibial Osteotomy Rehabilitation Guidelines*

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| 0-2 weeks   | <p>Weight Bearing: Non-weight bearing</p> <p>Brace: On always during the day and while sleeping, off for hygiene only</p> <p>ROM: 0-90 degrees at home</p> <p>Exercises: Calf pumps, quad sets, straight leg raises in brace, modalities</p>   |
| 2-6 weeks   | <p>Weight Bearing: Non-weight bearing</p> <p>Brace: Off at night, open 0-90 degrees</p> <p>ROM: Maintain full extension and progress flexion to full</p> <p>Exercises: Progress non-weight bearing flexibility, modalities, begin floor-based core and glute exercises, advance quad sets, patellar mobs and straight leg raises</p> |
| 6-8 weeks   | <p>Weight Bearing: Advance 25% each week and progress to full</p> <p>Brace: None</p> <p>ROM: Full</p> <p>Exercises: Advance closed chain quads, progress balance, core/pelvic and stability work, begin stationary bike at 6 weeks, advance straight leg raises, floor bases exercises, hip/core work</p>                            |
| 8-16 weeks  | <p>Weight Bearing: Full</p> <p>Brace: None</p> <p>ROM: Full</p> <p>Exercises: Progress flexibility/strengthening, progression of functional balance, core, glutes program, advance bike, add elliptical at 12 weeks as tolerated, swimming is ok at 12 weeks</p>   |
| 16-24 weeks | <p>Weight Bearing: Full</p> <p>Brace: None</p> <p>ROM: Full</p> <p>Exercises: Advance week 16 activity, Progress to functional training, including impact activity after 20 weeks when cleared by physician</p>  |