

High Tibial Osteotomy Rehabilitation Guidelines

0-2 weeks	<p>Weight Bearing: Non-weight bearing Brace: On always during the day and while sleeping, off for hygiene only ROM: 0-90 degrees at home Exercises: Calf pumps, quad sets, straight leg raises in brace, modalities</p>
2-6 weeks	<p>Weight Bearing: Non-weight bearing Brace: Off at night, open 0-90 degrees ROM: Maintain full extension and progress flexion to full 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 Brace: None ROM: Full 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 Brace: None ROM: Full 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 Brace: None ROM: Full Exercises: Advance week 16 activity, Progress to functional training, including impact activity after 20 weeks when cleared by physician</p>