

Physical Therapy Prescription

HIGH TIBIAL OSTEOTOMY REHABILITATION PROTOCOL				
TIME PERIOD	WEIGHT BEARING	RANGE OF MOTION	BRACE	EXERCISES
0-6 weeks	Touch toe weight bearing	Begin 0-90° flexion.	First 2 weeks: Brace in full extension except when doing motion exercises. May unlock hinged knee brace at 2 weeks out during day but, lock in full extension at night.	Heel slides, quad sets, straight leg raises. Hamstring and calf stretching.
6-8 weeks	Partial weight bearing with progression to Weight bearing as tolerated	Increase as tolerated	May discontinue.	Continue previous exercises. May use stationary bike without resistance.
8-12 weeks	Full weight bearing. Use one crutch if walking with limp.	Work towards full range of motion.	None	Continue previous exercises. Mini squats. May do stationary bike with increased resistance. Swimming.
3-6 months	Full weight bearing.	Full range of motion	None	Treadmill/walking program. Continue to increase activities as tolerated.

Dane Todd, MD
 Questions please call: # 402-488-3322
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Patient Name: _____
 Surgery Date: _____
 Side (Circled): Right Left

Physical therapy to evaluate and treat for post op High Tibial Osteotomy using the above protocol. 1-2x per week for 12 weeks

Notes: _____

MD signature: _____