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HIGH TIBIAL OSTEOTOMY - OPENING WEDGE REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISES**
PHASE I 0 - 6 weeks	0-6 Weeks: Non-weight bearing with crutches	Locked in full extension for all activities (including sleeping) - remove for exercise and CPM use (if applicable)	As tolerated - CPM* for 2 hours, twice daily, from 0 - 90° of flexion out of brace	Heel slides 0 - 90°, quad sets, ankle pumps, calf/hamstring stretches***, SLR with brace locked in full extension, resisted plantarflexion
PHASE II 6 - 8 weeks	As tolerated with crutches - begin to advance to a normalized gait pattern without crutches	Unlocked for ambulation - removed for sleeping	Discontinue CPM if knee flexion is at least 90°	Progress exercises in phase I, SLR without brace if able to maintain full extension, initiate stationary bike with low resistance
PHASE III 8 weeks - 3 months	Full, without use of crutches and with a normalized gait pattern	Discontinue use - per physician	Gain full and pain-free	Mini-squats 0-45° - progressing to step-ups, leg press 0-60°, closed chain terminal knee extensions, toe raises, balance activities, hamstring curls, increase to moderate resistance on bike
PHASE IV 3 - 9 months	Full	None	Full and pain-free	Progress closed chain activities, begin treadmill walking, swimming, and sport-specific activities

*CPM used if concomitant arthroscopy performed at the time of osteotomy

**No closed chain exercises until 6 weeks post-op

***This exercise is to be completed in a non-weight bearing position