

High Tibial Osteotomy Rehab Protocol

Stage 1

Stage 2

Stage 3

Stage 4

Wound Healing and Weight Bearing

0 – 2 WEEKS

0 – 6 WEEKS

Goals

- Use crutches appropriately
- Decrease pain and swelling
- Ensure wound is healing
- Quadriceps activation
- Gait retraining
- Achieve 0-90 Active ROM

Gait

- Protected weight bearing (i.e. full weight bear but must use crutches at all times)

Range of Motion (ROM) and Flexibility

- You will be shown exercises by hospital physiotherapist prior to discharge

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Strengthening

(MUST BE GUIDED/SUPERVISED by Physio)

6 – 12 WEEKS

Goals

- Normal gait without walking aids (i.e. walking without a limp)
- Full and pain free knee range of motion

Exercises Suggestions

Hydrotherapy/Pool

- Knee ROM
- Walking forward/backward, static lunge, lunge walking squats, side shuffles, step up/down, calf rises (2-1 foot)
- Hip extension/flexion, adduction/abduction

Cardiovascular Fitness

- Stationary bike
- Treadmill – walking

Driving

You can consider driving if:

- You are off strong prescription pain killer (Endone)
- You are OFF your crutches
- You have GOOD leg control (e.g. you are able to stimulate an emergency braking manoeuvre in a stationary car without any PAIN in the knee)

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9 – 12 WEEKS

Goals

- Continue flexibility/stretching exercises
- Quadriceps strength progression

Exercise Suggestions

Hydrotherapy/Pool

- Increase time, speed and repetitions of exercises

Cardiovascular Fitness

- Bike – Increased resistance and time parameters
- Treadmill – Walk

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Return to Activity

4 – 6 MONTHS

Goals

- Continue with advanced strengthening
- Progress with cardiovascular conditioning.

Exercises Suggestions

Muscle Strength & Endurance

- Quadriceps
- Hamstrings
- Calves

Cardiovascular Fitness

- Bike
- Treadmill
- Swimming or pool running

Contact Us: +61 8 8463 0745

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6+ MONTHS

Return to impact sports e.g. Running, jumping once cleared by Dr Sim and physiotherapis