

High Tibial Osteotomy

Dr. Murphy

General Considerations:

- **NWB May Change per MD discretion**
- **No Return to Running/Jumping until cleared by MD**
- **Avoid open chain exercises between 40-70 degrees of flexion**

Time Frame	Considerations	Treatment	Goals
NWB Phase I (6-12 weeks)	<ul style="list-style-type: none"> • Edema Control • Pain Control • NWB until cleared by MD. • Brace Locked in Extension when up 	<ul style="list-style-type: none"> • RICE • Quad Sets • Add in hip abduction, hip adduction and hip extension when 2-3 weeks postop • CPM 0-30 degrees. Increase by 10 degrees/week as tolerated. 	<ul style="list-style-type: none"> • Pain free at rest
WB Phase I <i>*Begins with MD clearance to progress weightbearing</i> <i>*The length of this phase will depend on radiographic healing</i>	<ul style="list-style-type: none"> • Progress WB per MD orders with brace locked in full extension • Progress ROM as tolerated while NWB 	<ul style="list-style-type: none"> • Add in supine SLR • Closed chain quad strengthening • Functional strength training • Progress PROM as tolerated • Bike for ROM within restrictions, without resistance • Proprioception as tolerated 	<ul style="list-style-type: none"> • Pain free at rest • No Lag with SLR
WB Phase II <i>*Begins with MD Clearance to WBAT with brace open.</i> <i>*Length of phase depends on radiographic healing</i>	<ul style="list-style-type: none"> • WBAT with brace on • Progress WBAT with brace off per MD orders • ROM to WFL • Ambulating with a non-antalgic Gait 	<ul style="list-style-type: none"> • Progress to gym style exercise program with machines as indicated • Progressive strengthening and SL activities to regain muscular hypertrophy • No Jumping or Running Activities 	<ul style="list-style-type: none"> • Full ROM • Pain free ambulation • Pain free with exercises

WB Phase III <i>*Begins with MD clearance to return to activity as tolerated</i>	<ul style="list-style-type: none">• Full ROM• Progress to Impact Activity	<ul style="list-style-type: none">• Low level plyometrics (Initiate a return to jumping program)• Progress to functional/sport specific exercise	<ul style="list-style-type: none">• Full return to activity without restrictions per MD discretion• Athlete needs to progress through all return to jumping and running progressions before full return to contact.
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