HIGH TIBIAL OSTEOTOMY

Revised August 2008

**Post-op Days 1 – 14**

Dressing – POD 1: Debulk dressing, TED Hose in place
   – POD 2: Change dressing, keep wound covered, continue TED Hose
   – POD 7-10: Sutures out, D/C TED Hose when effusion is resolved

Brace – 0-90 degrees
Crutches – Non weight bearing (NWB) x 6 weeks
CPM in hospital – 0-90 degrees
AROM, AAROM 0-90 degrees
Patellar mobilization (teach patient)
Calf pumping
Passive extension with heel on bolster or prone hangs
Electrical stimulation with quad sets and SLR
Quad sets, Co-contractions quads/hams
Straight leg raise (SLR) x 4 on mat, in brace (parallel bars if poor quad control)
Stretches – Hamstring, Hip flexors, ITB
Ice pack with knee in full extension after exercise

**Goals**

Pain / effusion control
ROM – 0-90 degrees

**Weeks 2 – 4**

Brace – Open to available range
Crutches – NWB
AROM, AAROM 0-120 degrees
Scar mobilization when incision healed
Co-contractions quads/hamstring at 0, 30, 60, 90 degrees
SLR x 4 on mat, no brace – Add weight above knee if good quad control
Stationary bike for ROM

**Goals**

ROM 0-120 degrees
No extensor lag
**Weeks 4 – 8**

- Brace – Open to available range
- Crutches – NWB x 6wks then Partial weight bearing (PWB)
- Continue appropriate previous exercises
- PROM, AAROM, AROM to regain full motion
- SLR x 4 on mat, no brace – Light weight below the knee
- Weight shifts, Mini squats – In parallel bars
- Leg press with light resistance
- Hamstring curls – Carpet drags or rolling stool (closed chain)
- Double leg heel raises
- Stationary bike – Progressive resistance and time
- Pool therapy – Chest deep exercises in sagittal plane only

**Goal** – Full ROM

**Weeks 8 – 12**

- Brace – Continue until 12 weeks post-op
- Crutches – Weight bearing as tolerated (WBAT) (D/C when gait is normal)
- Continue appropriate previous exercises
- Forward, lateral and retro step downs – No flexion > 45 degrees (small step)
- SLR x 4 with Theraband bilaterally
- Wall squats – No knee flexion past 45 degrees
- Single leg heel raises
- Proprioceptive training – Single leg standing in parallel bars
  - Double leg BAPS for weight shift
  - Progress to single leg BAPS, ball toss and body blade
- Treadmill – Forwards and backwards walking
  - Walking progression program
- Elliptical trainer
- Pool therapy – Walk in waist deep water

**Goals**

- Normal gait
- Walk 2 miles at 15 min/mile pace

**Months 3 – 4**

- D/C crutches and brace
- Continue appropriate previous exercises with progressive resistance
- Forward, lateral and retro step downs – Medium to large step
- Hamstring curl weight machine
- Knee extension weight machine
- Hip weight machine x 4 bilaterally
- Fitter
- Slide board
- Stairmaster
- Swimming
- Treadmill – Running progression program

**Goal** – Jog 2 miles at easy pace
**Months 4 – 6**

Continue appropriate previous exercises  
Agility drills / Plyometrics  
Sit-up progression  
Progressive weight training program  
Running progression to track  
Transition to home / gym program

**Goals**

Return to all activities  
Pass APFT at 6 months post-op

*No contact sports until 6 months post-op*

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Knee Post Op Phase 1
Perform exercises below frequently: 30 reps 3-5x a day

Quad Isometrics

Heel Slides

Active Assisted Motion

Ice Position  15 minutes 2-3 x per day

Appointments?? Questions??
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