



PHYSICAL THERAPY SECTION
WILLIAM BEAUMONT ARMY MEDICAL CENTER
5005 N. PIEDRAS ST
EL PASO, TEXAS 79920



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

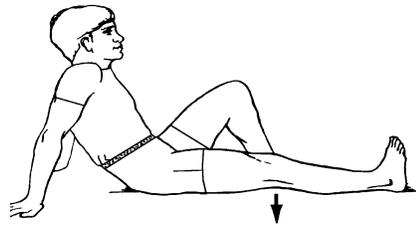
BRYAN L. BOYEA
LTC, SP
Chief, Physical Therapy

MICHAEL S. MACHEN
LTC(P), MC
Chief, Orthopedics

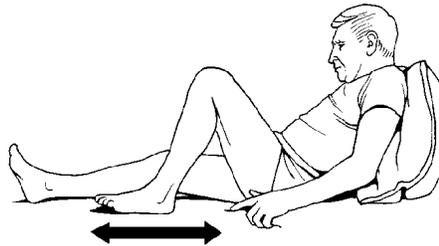
Physical Therapy Clinic
William Beaumont Army Medical Center
El Paso, TX 79920

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

Quad Isometrics



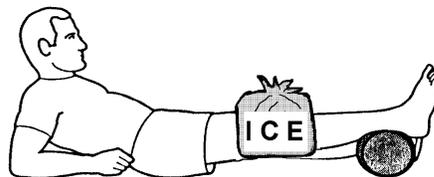
Heel Slides



Active Assisted Motion



Ice Position 15 minutes 2-3 x per day



Appointments?? Questions??

WBAMC PT: DSN:979-2181/1848 COMM: (915)569-2181/1848