

High Tibial Osteotomy

	Weight Bearing	Range of Motion	Brace/Sling	Therapeutic Exercise
Phase 1 0-4 weeks	0-2 weeks Non weight bearing 2-4 weeks advance to full weight bearing using crutches	As tolerated, focus on full extension	Immobilizer on at all times	Heel slides, quad sets, calf pumps, Achilles/hamstring stretch. Straight leg raises in brace until no extension lag. 25 each twice daily.
Phase 2 4-6 weeks	Gradually discontinue crutch use	Maintain full extension and work on flexion	Discontinue use when no extension lag	Progress phase 1 exercises, out of immobilizer
Phase 3 6 weeks to 3 months	Full, without use of crutches when gait pattern normalized	Progress to full and pain-free ROM	None	Step ups, terminal knee extensions, toes raises, stationary bike, closed chain strengthening
Phase 4 3-6 months	Full	Full and Pain Free	None	Progress to treadmill, elliptical, swimming, and sport specific activities

No closed chain exercises until 6 weeks post op