

Physical Therapy Prescription for:

label

Surgical Procedure: High Tibial
Osteotomy R L
Eval & Treat: 2x/week x 12 weeks

Phone: 212-305-3934
Fax: 212-305-4040
columbiaortho.org

Weeks 0 to 2 (Immediate Postoperative Period – Protection Phase)

- Partial 30% (PWB)
- Hinged knee brace locked in extension for sleep and ambulation
- ROM: 0-90
- Exercises:
 - Calf pumps, quad sets, SLR in brace, modalities prn

Weeks 2 to 6 (Goal: increase ROM to 90):

- Advance to WBAT: advance weight bearing 25% weekly and progress to full weight bearing with normalized gait pattern
- ROM goals: maintain full extension, progress flexion to full
- Exercises:
 - Progress non-weight bearing flexibility
 - Floor-based core and glutes
 - Advance quad sets, patellar mobs, SLR

Weeks 6 to 8 (Goal: progress to full ROM)

- Goal: full active flexion
- WBAT
- Exercises:
 - Advance closed chain quads
 - Progress balance, core/pelvic, stability work
 - Begin stationary bike
 - Advance SLR, floor-based exercises

Weeks 8 to 16 (Goal: strengthening)

- Discontinue brace at earliest 10 weeks if MCL repair stable
- Exercises:
 - Progress flexibility/strengthening, functional balance, core, glutes program
 - Swimming + elliptical 12wks

Weeks 16 to 24 (Goal: return to activities)

- Progress to functional training
- Impact activity ok after 20 weeks
- Return to sport testing



Lauren H. Redler, M.D.

Date