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Post-op Phase	Weight bearing status	Use of brace	Passive ROM and Active ROM	Strength training	Return to running and sports	Recommended Restrictions
<b>Phase One and Two</b> 0 to 6 weeks	NWB (toe-touch) with crutches	??	CPM 10 hours /day for the first 2 weeks after surgery  Stationary bike starting the 3 <sup>rd</sup> postop week	Isometric Quad and knee extension, active and assisted knee flexion, SAQ, straight leg raises, stationary bike	none	Emphasize compliance with weigh bearing restrictions and CPM
<b>Phase Three</b> 6 to 12 weeks	PWB 50% with crutches	Postoperative brace discontinued.	Full Rom  Stationary bike  Stretch all muscle groups	Progressive ankle weight resistance, and wall slides , toe raises. Leg press less than body weight	none	No stairmaster or Impact exercises Avoid pivoting a varus/valgus stresses  Limit OC and CC knee extension ar to 0-30 for patellar/trochlear
<b>Phase Four</b> 12 weeks onward	Progressive WB to full	Per doctor's advice	No restrictions  Active stretching all muscle groups  Stationary bike  Elliptical trainer	Continue closed-chain strengthening, Start step-up-down progression Strength machines OK, except no knee extension machine. No leg press for patellar/trochlear microfracture	Consult doctor	Avoid patellofemoral overload Limit OC and CC knee extension ar to 0-30 with patellar/trochlear microfracture