



Mercy Sports Medicine Institute &  
Joint Preservation Center

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## **HIGH TIBIAL OSTEOTOMY**

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### **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) until determined by surgeon typically 4- 6 weeks

CPM at home if indicated

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 at 6 months post-op

***No contact sports until 6 months post-op***