

## High Tibial Osteotomy

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### General

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Toe touch weight-bearing for 6 weeks  
Brace from 0-90 for 6 weeks  
Stitches assessed and removed in clinic within 7-14 days;  
X-rays taken at 2 weeks, 6 weeks, 12 weeks

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### Weeks 0-1

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CPM 0-30 and advance to 0-60 as tolerated  
Extension/flexion—wall slides, prone hangs, sitting  
Patellar mobilization, ankle pumps  
Modalities as necessary to decrease swelling

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### Weeks 1-2

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Continue week 1 activities  
Flexion to 75 degrees  
Hamstring sets and quad sets with straight leg raises  
Stationary bike with single leg

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### Weeks 2-6

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Continue week 2 activities  
Full flexion and extension  
Quads-specific strengthening exercises  
Achilles, calf, hamstring stretching

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### Weeks 6-10

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Protected full weight-bearing while weaning off crutches;  
discontinue brace  
Terminal 1/3 knee bends  
Stationary bike with both legs with gradual increasing resistance  
Aqua therapy

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### Weeks 10-12

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Treadmill 7% walk  
Double knee bends  
Swimming with fins  
Toe raises/heel raises

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### Weeks 12-16

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Single knee bends  
Rowing/erg machine  
Outdoor biking  
Return to run program = elliptical→treadmill→outdoor running  
Leg press to 90° with weights  
Leg curls with no hyperextension

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### Week 16

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Sport-specific training with gradual return to agility exercises

**6 months = Return to sports**