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HIGH TIBIAL OSTEOTOMY

POSTSURGICAL REHABILITATION PROTOCOL

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) x 6 weeks
- CPM in hospital – 0-90 degrees
- 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

GOAL

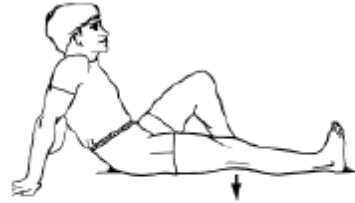
- Return to all activities

NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP

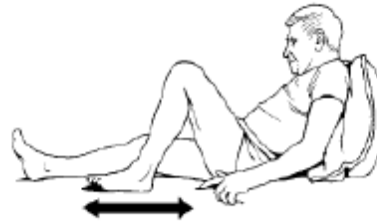
KNEE POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

Quad Isometrics



Heel Slides



Active Assisted Motion



Ice Position 15 minutes 2-3 x per day



ADAPTED FROM:

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