



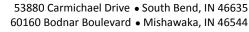
High Tibial Osteotomy Opening Wedge

PHASE I – (week 0-6)

- Weightbearing and Range of Motion:
 - o Non-weightbearing with crutches
 - o ROM: As tolerated CPM for 2 hours, twice daily, from 0-90° of flexion out of brace
- Brace Use:
 - Locked in full extension at all times other than PT
- Weight Bearing:
 - o As tolerated with two crutches (approx. 50% WB)
- Therapeutic Elements: (No closed chain exercises until 6 weeks post-op)
 - o Heel slides 0-90°
 - Quad sets
 - Ankle pumps
 - o Calf/hamstring stretches (non-weightbearing position)
 - o Seated leg raise with brace locked in full extension
 - Resisted plantar flexion

PHASE II – (Week 6-8)

- Weightbearing and Range of Motion:
 - o As tolerated with crutches begin to advance to a normalized gait pattern with crutches
- Brace Use:
 - Unlocked for ambulation
 - o Remove for sleeping
 - o Discontinue CPM in knee extension is at least 90°
- Therapeutic Elements:
 - o Continue above
 - o SLR without brace if able to maintain full extension
 - o Initiate stationary bike with low resistance



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Phase III – (Week 8 – 3 Months)

- Weightbearing and Range of Motion:
 - o Full weightbearing
 - o Discontinue crutches when normal gait
- Brace Use:
 - o Discontinue use per physician
- Therapeutic Elements:
 - o Continue above
 - o Mini-squats 0-45° progressing to step-ups and leg press 0-60°
 - o Closed chain terminal knee extensions
 - o Toe raises
 - o Balance activities
 - o Hamstring curls
 - o Increase to moderate resistance on bike

Phase IV – (3-9 Months)

- Weightbearing and Range of Motion:
 - o Full
 - o Pain free
- Brace Use:
 - o None
- Therapeutic Elements:
 - Continue with increased resistance
 - o Progress closed chain activities
 - o Begin treadmill walking, swimming, and sport-specific activities