

Robert Kollmorgen DO

HIGH TIBIAL OSTEOTOMY

Revised August 2008

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

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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



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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