

POST-OPERATIVE REHABILITATION PROTOCOL

High Tibial Osteotomy

William McLaughlin, MD | Sports Medicine Surgery | Advanced Bone & Joint

Phase 1 | 0-6 Weeks

GOALS FOR THIS PHASE

- Maintain NWB in brace locked in full extension with crutches.
- Achieve and maintain ROM 0-90°.
- Initiate quadriceps activation and patellar mobility (week 2).
- Begin floor-based core, hip, and glute work at week 2.

Weight Bearing & Bracing

- NWB in brace locked in full extension with crutches.
- May remove brace for hygiene (on for sleeping for first 2 weeks).
- Brace can be opened 0-90° and worn daytime only until 6 weeks.

Range of Motion

- Active/passive ROM 0-90°.
- Progress NWB flexibility modalities.

Therapeutic Exercises

- Quad sets and ankle pumps.
- Beginning at 2 weeks: floor-based core, hip, and glute work; patellar mobilization; SLR.

Phase 2 | 6-8 Weeks

GOALS FOR THIS PHASE

- Advance partial weight bearing (25% → 50%).
- Unlock brace and progress ROM to full.
- Begin stationary bike for ROM.
- Advance closed-chain quadriceps work and balance/core/pelvic stability.

Weight Bearing & Bracing

- Advance partial WB (25% and then 50%).
- May unlock brace.

Range of Motion

- Progress with ROM until full.
- May begin stationary bike for ROM.

Therapeutic Exercises

- Advance closed-chain quadriceps work; progress balance.
- Core/pelvic and stability work.
- Advance SLR and floor-based hip/core exercises.

Phase 3 | 8-16 Weeks

GOALS FOR THIS PHASE

- Advance to full weight bearing with normalized gait.
- Progress flexibility and strengthening.
- Advance functional balance, core, and glute program.
- Add elliptical and swimming at 12 weeks as tolerated.

Weight Bearing

- Advance weight bearing to full with normalized gait pattern.

Therapeutic Exercises

- Progress flexibility and strengthening.
- Progression of functional balance, core, and glute program.
- Advance bike; add elliptical and swimming at 12 weeks as tolerated.
- Unilateral stance activities and balance training.

Phase 4 | 16 Weeks - 6 Months

GOALS FOR THIS PHASE

- Advance Phase III exercises.
- Progress to functional and impact training after 20 weeks when cleared by MD.
- Continue low-impact cardiovascular conditioning as tolerated.

Therapeutic Exercises

- Advance Phase III exercises.
- Progress to functional training, including impact activity after 20 weeks when cleared by MD.
- May advance to elliptical, bike, pools as tolerated.

This protocol is a general guideline. Progression is patient-specific and at the discretion of William McLaughlin, MD.