

Physical Therapy Prescription – High Tibial Osteotomy

Name: _____

Date: _____

Diagnosis: R / L High Tibial Osteotomy

Frequency: 2-3 Times Per Week for ____ weeks

Weeks 0-2: *period of protection, healing, decreasing edema, quadriceps activation*

- **Weightbearing:** heel-touch in brace locked in extension at all times
- **Hinged Knee Brace:** locked in full extension for ambulation and sleep, remove for PT
- **Range of Motion:** AROM/AAROM/PROM with therapist; goal 90 degrees of knee flexion
- **Therapeutic Exercises:** calf pumps, quad sets, heel slides 0-90 degrees, SLR in brace locked in full extension
- **Modalities:** per therapist including E-stem, ultrasound, heat before therapy and ice after

Weeks 2-6:

- **Weightbearing:** heel-touch in brace
- **Hinged Knee Brace:** unlocked 0-90 degrees, off at night; discontinue at 6 weeks if quad control adequate
- **Range of Motion:** progress to full, painless AROM
- **Therapeutic Exercises:** advance from above, progress non-weight bearing flexibility, begin floor-based core/glute exercises' straight-leg raises with brace in full extension until quad strength prevents extension lag
- **Modalities:** per therapist including E-stem, ultrasound, heat before therapy and ice after

Weeks 6-8:

- **Weightbearing:** advance 25% weekly until full WB with normalized gait pattern
- **Hinged Knee Brace:** off
- **Range of Motion:** full
- **Therapeutic Exercises:** advance from above, begin closed chain exercises (Wall sits, shuttle, mini-squats, toe raises), begin stationary bike
- **Modalities:** per therapist including E-stem, ultrasound, heat before therapy and ice after

Weeks 8-16:

- **Weightbearing:** full
- **Hinged Knee Brace:** off
- **Range of Motion:** full
- **Therapeutic Exercises:** advance from above, focus on core-glutes, progress flexibility and strengthening, add elliptical and allow swimming at week 12
- **Modalities:** per therapist including E-stem, ultrasound, heat before therapy and ice after

Weeks 16-24: advance exercises, return to sport specific activity and impact when cleared by MD at 5 months

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