

# High Tibial Osteotomy

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Dr: Doan

DOS: \_\_\_\_\_

**Weeks**

**ROM RESTRICTIONS**

0-90 x 2 wks then FROM

**BRACE SETTINGS**

T scope 0-0 x 6 wks

**Weight Bearing status**

TTWB x 6 wks Then FWB following clinic x ray

ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9-14+	15-20+	21-26+	27-32+
Flexion/Extension – Wall slide											
Flexion/Ext – seated/calf assisted											
Patella/Tendon mobilization											
Extension mobilization (no hyperext)											
Quad sets											
Hamstring sets											
Terminal knee extension, Straight leg raise (when no quad lag)											
Ankle pumps											
Bike with no resistance											
<b>Progress to Endurance: ROM &gt;125°, Quad set that terminally extends the knee</b>											
Muscular Endurance 3 x 15, 45s rest								9-14+			
Lateral band stepping											
Single leg leg press											
Squat progression											
RDL											
Tuck squat											
<b>Progress to strength: 15+ weeks &amp; Quad index &gt;70%, Y balance anterior reach &lt;8cm side to side difference</b>											
Muscular Strength 3 x 10 120s rest									15-20+		
Lateral band stepping											
Single leg leg press											
Hex bar squat											
Kettlebell deadlift											
Elevated split squat											
<b>Progress to power: 21+ weeks &amp; Quad index &gt;90%, Hamstring index &gt;90%, Y balance anterior reach &lt;4cm side to side difference</b>											
Muscular Power 3 x 6, 180s rest										21-26+	
Front squat											
Barbell deadlift											
Split jumps											
Sled drags											
<b>Progress to running: 27+ weeks &amp; Triple hop distance &gt;90% of unaffected side</b>											
Running, Speed & Agility											27-32+
Running progression											
Ladder footwork drills											
Forward & backward cone drills											
Lateral cone drills											
High Level Activities										21-26+	
Golf, outdoor biking											
Clearance for other activities made by Dr Doan and based on different factors including passing the included progression criteria											