

# High Tibial Osteotomy

Name: \_\_\_\_\_  
 Dr: Rothenberg

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

**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

		Weeks										
<b>ROM &amp; Muscle Initiation</b>		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>												
<b>Muscular Endurance 3 x 15, 45s rest</b>									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>												
<b>Muscular Strength 3 x 10 120s rest</b>										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>												
<b>Muscular Power 3 x 6, 180s rest</b>											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>												
<b>Running, Speed &amp; Agility</b>												27-32+
Running progression												
Ladder footwork drills												
Forward & backward cone drills												
Lateral cone drills												
<b>High Level Activities</b>											21-26+	
Golf, outdoor biking												
Clearance for other activities made by Dr Rothenberg and based on different factors including passing the included progression criteria												