

Oxford Knee Group

Rehabilitation protocol after High Tibial Osteotomy

Mr W Jackson & Prof A Price

		weeks			months		
		0-2	2-6	6-12	3-6	6-9	9-12
Brace		FROM	From	FROM	×	×	×
Weight bearing		PWB	PWB	Full	Full	Full	Full
ROM	extension	0	hyper ext	hyper ext	hyper ext	hyper ext	hyper ext
	flexion	90	135	135	135	135	135
Management of swelling		RICE	RICE	RICE	as req	as req	as req
Stretches	ham, quads, ITB	✓	✓	✓	✓	✓	✓
	Patella mob	✓	✓	✓	as req	as req	as req
Strengthening	Iso quads, SLR	✓	✓	✓	✓	✓	✓
	Active ROM (slides)	✓	✓	✓	✓	✓	✓
	Closed chain (protect)	✓	✓	✓	✓	✓	✓
	Open Chain	×	×	×	✓	✓	✓
	Hip exercises	✓	✓	✓	✓	✓	✓
Cardio	Exercise Bike		✓	✓	✓	✓	✓
	Step Machine				✓	✓	✓
	Swimming			✓	✓	✓	✓
	Running (straight)					✓	✓
Proprioception	Balance board, Mini tramp				✓	✓	✓
	Simple side steps					✓	✓
	Plyometrics					✓	✓
Work	Sedentary		✓	✓	✓	✓	✓
	Manual (Heavy)					✓	✓
	Driving			✓*	✓	✓	✓
Sports							> 12 months ✓*

✓* depending on individual patient factors/ type of work,sport/ progress with rehab