

# HIGH TIBIAL OSTEOTOMY CLINICAL PRACTICE GUIDELINE

## Overview

- Progression is time and criterion-based, depending on soft tissue healing, patient demographics, and clinician evaluation.
- For questions, contact Dr. Sujan Gogu’s clinic.

## Rehabilitation Phases (Weeks 1-6)

Activity	Weeks 1-2	Weeks 3-4	Weeks 5-6
<b>Brace</b>	• Long-leg brace	• Long-leg brace	• Long-leg brace
<b>Weightbearing</b>	• None to Toe-Touch	• 25% Body Weight	• 50% to 75% Body Weight
<b>Modalities</b>	• Cryotherapy • Electrical Stim	• Cryotherapy • Electrical Stim	• Cryotherapy • Electrical Stim
<b>Stretching</b>	• Hamstrings • Gastrocnemius/Soleus • IT Band, Quadriceps	• Hamstrings • Gastrocnemius/Soleus • IT Band, Quadriceps	• Hamstrings • Gastrocnemius/Soleus • IT Band, Quadriceps
<b>Strengthening</b>	• Quad Sets • Straight Leg Raises • Active Knee Extension	• Quad Sets • Straight Leg Raises • Toe Raises • Mini-Squats • Wall Sits • TKE	• Quad Sets • Straight Leg Raises • Toe Raises • Mini-Squat • Wall Sits • TKE • Leg Press
<b>Conditioning</b>	• UBE	• UBE	• UBE • Stationary Bike • Aquatics Program

## Rehabilitation Phases (Weeks 7-16)

Activity	Weeks 7-8	Weeks 9-12	4 Months
<b>Weightbearing</b>	<ul style="list-style-type: none"> <li>• 75% to Full Weight</li> </ul>	—	—
<b>Modalities</b>	<ul style="list-style-type: none"> <li>• Cryotherapy</li> </ul>	<ul style="list-style-type: none"> <li>• Cryotherapy</li> </ul>	<ul style="list-style-type: none"> <li>• Cryotherapy</li> </ul>
<b>Stretching</b>	<ul style="list-style-type: none"> <li>• Hamstrings</li> <li>• Gastrocnemius/Soleus</li> <li>• IT Band</li> <li>• Quadriceps</li> </ul>	<ul style="list-style-type: none"> <li>• Hamstrings</li> <li>• Gastrocnemius/Soleus</li> <li>• IT Band</li> <li>• Quadriceps</li> </ul>	<ul style="list-style-type: none"> <li>• Hamstrings</li> <li>• Gastrocnemius/Soleus</li> <li>• IT Band</li> <li>• Quadriceps</li> </ul>
<b>Strengthening</b>	<ul style="list-style-type: none"> <li>• Quad Sets</li> <li>• Straight Leg Raises</li> <li>• Toe Raises</li> <li>• Mini-Squats</li> <li>• Wall Sits</li> <li>• Leg Press</li> <li>• Hip Abduction/Adduction</li> <li>• Hamstring Curls</li> <li>• Quadriceps Extension</li> <li>• Core Strengthening</li> </ul>	<ul style="list-style-type: none"> <li>• Quad Sets</li> <li>• Straight Leg Raises</li> <li>• Toe Raises</li> <li>• Mini-Squats</li> <li>• Wall Sits</li> <li>• Leg Press</li> <li>• Hip Abduction/Adduction</li> <li>• Hamstring Curls</li> <li>• Quadriceps Extension</li> <li>• Core Strengthening</li> </ul>	<ul style="list-style-type: none"> <li>• Leg Press</li> <li>• Hip Abduction/Adduction</li> <li>• Hamstring Curls</li> <li>• Quadriceps Extension</li> <li>• Core Strengthening</li> </ul>
<b>Balance/Proprioception</b>	<ul style="list-style-type: none"> <li>• Weight-Shifts</li> <li>• Mini Trampoline</li> <li>• BAPS Board</li> <li>• Step-Downs</li> <li>• BOSU Mini-Squats</li> </ul>	<ul style="list-style-type: none"> <li>• Weight-Shifts</li> <li>• Mini Trampoline</li> <li>• BAPS Board</li> <li>• Step-Downs</li> <li>• BOSU Mini-Squats</li> </ul>	<ul style="list-style-type: none"> <li>• Weight-Shifts</li> <li>• Mini Trampoline</li> <li>• BAPS Board</li> <li>• Step-Downs</li> <li>• BOSU Mini-Squats</li> <li>• Plyometric Progression</li> </ul>

<b>Conditioning</b>	<ul style="list-style-type: none"> <li>• UBE</li> <li>• Stationary Bike</li> <li>• Aquatics Program</li> </ul>	<ul style="list-style-type: none"> <li>• Stationary Bike</li> <li>• Aquatics Program</li> <li>• Swimming (Kicking Motion)</li> <li>• Walking</li> <li>• Stairclimber/Elliptical</li> </ul>	<ul style="list-style-type: none"> <li>• Stationary Bike</li> <li>• Aquatics Program</li> <li>• Swimming (Kicking Motion)</li> <li>• Walking</li> <li>• Stairclimber/Elliptical</li> </ul>
<b>Sports-Specific</b>	-	<ul style="list-style-type: none"> <li>• Jogging/Running in a Straight Line</li> </ul>	<ul style="list-style-type: none"> <li>• Line Jumps, Carioca, Ladder Drills (50-75%)</li> </ul>

### Rehabilitation Phases (5-6 Months)

Activity	5 Months	6 Months
<b>Modalities</b>	<ul style="list-style-type: none"> <li>• Cryotherapy</li> </ul>	-
<b>Stretching</b>	<ul style="list-style-type: none"> <li>• Hamstrings</li> <li>• Gastrocnemius/Soleus, IT Band</li> <li>• Quadriceps</li> </ul>	Maintain as in 5 Months
<b>Strengthening</b>	<ul style="list-style-type: none"> <li>• Leg Press (70°-10°)</li> <li>• Hip Abduction/Adduction (Steamboat or Multi-Hip Machine)</li> <li>• Hamstring Curls (90°)</li> <li>• Quadriceps Extension (90°-30°)</li> <li>• Core Strengthening</li> </ul>	Maintain as in 5 Months
<b>Balance/Proprioception Training</b>	<ul style="list-style-type: none"> <li>• Weight-Shifts</li> <li>• Mini Trampoline</li> </ul>	Maintain as in 5 Months

Activity	5 Months	6 Months
	<ul style="list-style-type: none"> <li>• BAPS Board</li> <li>• Step-Downs</li> <li>• BOSU Mini-Squats</li> <li>• Plyometric Progression</li> </ul>	
<b>Conditioning</b>	<ul style="list-style-type: none"> <li>• Stationary Bike</li> <li>• Aquatics Program</li> <li>• Swimming (Kicking Motion)</li> <li>• Walking</li> <li>• Stairclimber/Elliptical</li> </ul>	Maintain as in 5 Months
<b>Sports-Specific Exercise</b>	<ul style="list-style-type: none"> <li>• Line Jumps</li> <li>• Carioca</li> <li>• Ladder Drills (75-100%)</li> </ul>	<b>Running Straight,</b> <b>Cutting Movements:</b> Carioca, Figure 8s, 45° and 90° Cuts