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MIDWEST  
ORTHOPAEDICS  
at RUSH



## **Post-Operative Rehabilitation Guidelines for Tibial Osteotomy**

- 0-6 Weeks:** Strict TDWB with crutches  
Brace Locked in extension  
May remove brace for ROM/hygiene  
Unlimited ROM as tolerated (Passive, Active Assist)  
Quad sets, co-contraction, ankle pumps
- 6-12 Weeks:** Advance to PWB (50%) weeks 6-8  
May advance WBAT after week 8  
Unlock brace, D/C crutches when quad function adequate.  
May wean from brace after 8 wks as tolerated.  
Full unlimited Active/Passive ROM. Advance as tolerated.  
Continue SLR, Quad sets. Advance to light open chain exercises, mini squats.  
Begin hamstring strength week 10.
- 12-16 Weeks** Full gait with normalized pattern.  
Full ROM  
Begin treadmill walking  
Progress to balance/Proprioception exercises.  
Initiate sport specific drills
- > 16 Weeks:** Advance closed chain exercises.  
Focus on single leg strength  
Begin light Plyometric program  
Emphasize single leg loading