



## Tibial Osteotomy

### Post-Operative Rehabilitation Protocol

#### 0-6 Weeks:

- Strict TDWB with crutches
- Brace Locked in extension for WB
- 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 weeks 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
- \*\*Plyo Prep Screen when initiating running and/or jumping. Schedule via QR code or email [spc@rushortho.com](mailto:spc@rushortho.com)
- \*\*Lower Body Assessment when initiating return to activity progression. Schedule via QR code or email [spc@rushortho.com](mailto:spc@rushortho.com)

