

## Rehabilitation Guidelines for Tibial Osteotomy

Weeks 0-6
<ul style="list-style-type: none"><li>• Strict TDWB with crutches</li><li>• Brace Locked in extension</li><li>• May remove brace for ROM/hygiene</li><li>• Unlimited ROM as tolerated (Passive, Active Assist)</li><li>• Quad sets, co-contraction, ankle pumps</li></ul>
Weeks 6-12
<ul style="list-style-type: none"><li>• Advance to PWB (50%) weeks 6-8</li><li>• May advance WBAT after week 8</li><li>• Unlock brace, D/C crutches when quad function adequate.</li><li>• May wean from brace after 8 wks as tolerated.</li><li>• Full unlimited Active/Passive ROM. Advance as tolerated.</li><li>• Continue SLR, Quad sets. Advance to light open chain exercises, mini squats.</li><li>• Begin hamstring strength week 10.</li></ul>
Weeks 12-16
<ul style="list-style-type: none"><li>• Full gait with normalized pattern.</li><li>• Full ROM</li><li>• Begin treadmill walking</li><li>• Progress to balance/Proprioception exercises.</li><li>• Initiate sport specific drills</li></ul>
Weeks 16+
<ul style="list-style-type: none"><li>• Advance closed chain exercises.</li><li>• Focus on single leg strength</li><li>• Begin light Plyometric program</li><li>• Emphasize single leg loading</li></ul>