



Post-Operative Rehabilitation Guidelines for Tibial Osteotomy

Weeks 0-6:

- 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

Weeks 6-12:

- 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.

Weeks 12-16:

- 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