

PROXIMAL TIBIAL OSTEOTOMY WITH ALLOGRAFT BONE GRAFT

REHAB PROTOCOL | CATHERINE A. LOGAN, MD, MBA, MSPT
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RESTRICTIONS:

WEIGHT BEARING

NWB x 8 weeks

BRACE SETTINGS:

Immobilizer x 8 weeks

ROM:

0-90 x 2 weeks, then
progress as tolerated

Do **NOT** rest with
a pillow under
your knee

QUICK TIPS

The use of ice and
compression reduces
need for narcotics post-
op

Early emphasis on full
passive extension &
gentle patellar mobility

STAGE I (EARLY RECOVERY): WEEK 0 TO 6

GOAL

+ Protect surgical repair. Begin PT 3-5 days after surgery. PT 2 times per week.

MOTION

+ Patella mobilizations, flexion/extension supine wall slides, flexion/extension seated AAROM, extension mobs/manual therapy
+ Stretches - hamstrings seated with towel

THERAPEUTIC EXERCISE

+ Ankle pumps, isometric quad sets → SLR with NMES, hamstring sets

OTHER

+ Keep incision and sutures dry.
+ Ice/compression, edema control

2-WEEK MD FOLLOW-UP @ DR. LOGAN'S CLINIC

STAGE II: WEEK 7 TO 11

GOAL

+ Activate quadriceps, increase muscular endurance. PT 2 times per week.

MOTION

+ Patella mobilizations, flexion/extension supine wall slides, flexion/extension seated AAROM, extension mobs/manual therapy with progression to maintenance program
+ Stretches - hamstrings seated with towel

THERAPEUTIC EXERCISE

+ Continue ankle pumps, SLR with NMES, hamstring sets until **week 9**
+ **Week 10** begin toe and heel raises and balance series

CARDIOVASCULAR EXERCISE

+ Bike with both legs (no resistance until **week 9**)
+ **Week 10** begin treadmill walking (up to 7% incline) and swimming with fins

OTHER

+ Begin crutch weaning at **week 9**
+ Gait training

6-WEEK MD FOLLOW-UP @ DR. LOGAN'S CLINIC

FOLLOW UP:

2 weeks
 8 weeks
 3 months
 4 months*
 6 months*

RETURN TO SPORT:

Return to sport should not occur until testing indicates 85% or greater results compared to uninjured leg

Exercise testing to be performed at Dr. Logan's office at 4 & 6 months.

*Please wear athletic clothes and shoes for exercise testing

HIGH LEVEL ACTIVITIES

Golf, outdoor biking, hiking, snowshoeing generally at 20 weeks

Skiing, basketball, tennis, football, soccer at 24 weeks → Exercise testing will ultimately determine readiness for these

STAGE III: WEEK 12 TO 19**GOAL**

+ Increase muscular strength. PT 1-2 times per week.

MOTION

+ Mobilization, manual therapy, and stretching maintenance program

THERAPEUTIC EXERCISE

+ Continue toe and heel raises, balance series, squat progression, bridges, reverse lunge, open chain hip abduction/extension in supine or standing

+ **Week 16** begin balance squats, SL deadlift, leg press

CARDIOVASCULAR EXERCISE

+ Continue bike with resistance, treadmill walking with incline (up to 7%), swimming with fins

+ Begin elliptical and rowing. **Week 16** may begin stair stepper

OTHER

+ Continue crutch weaning if needed

3-MONTH MD FOLLOW-UP @ DR. LOGAN'S CLINIC
4-MONTH FOLLOW-UP WITH EXERCISE TESTING

STAGE IV: WEEK 20+**GOAL**

+ Return to preferred activities/sport. PT bi-weekly.

MOTION

+ Mobilization, manual therapy, and stretching maintenance program

THERAPEUTIC EXERCISE

+ Continue balance series, balance squats, reverse lunges, SL deadlift, leg press

→ Advance with dumbbells/added resistance and/or surface variations

CARDIOVASCULAR EXERCISE

+ Continue to bike with resistance, Treadmill walking with incline (up to 7%), swimming with fins, elliptical, rowing, stair stepper.

+ Begin running progression and single plane agility. **Week 24** begin progression to multi directional agility

OTHER

+ Exercise testing at 6 month follow up

+ Progression back to sport/activity

6-MONTH MD FOLLOW-UP @ DR. LOGAN'S CLINIC
WITH EXERCISE TESTING