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Post-Operative Protocol - High Tibial Osteotomy/Distal Femoral Osteotomy

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

\_\_\_\_ Provide patient with home exercise program

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)

Heel slides 0-90°, Quad sets, co-contraction, ankle pumps, SLR with brace locked in extension

6-12 Weeks: Advance to PWB (50%) weeks 6-8

May advance WBAT as tolerated

Unlock brace, D/C crutches when quad function adequate.

May wean from brace after 8 wks. as tolerated, ok to remove brace for sleeping at 6 weeks

Full unlimited Active/Passive ROM. Advance as tolerated.

Continue SLR (out of brace if able), Quad sets

stationary bike with low resistance and increase as tolerated

Mini-squats, leg press, toe raises, balance activities, hamstring curls

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

\_\_\_\_ Other:

Modalities: \_\_\_\_\_ Electric Stimulation \_\_\_\_\_ Ultrasound \_\_\_\_\_ Heat before/Ice after

Frequency: \_\_\_\_\_ x/ week x \_\_\_\_\_ weeks

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