

High Tibial Osteotomy

DOB: _____

DOS: _____

		Weeks											
		ROM & Muscle Initiation											
ROM RESTRICTIONS		1	2	3	4	5	6	7-8	9-14+	15-20+	21-26+	27-32+	
0-90 x 2 wks then FROM	Flexion/Extension – Wall slide												
	Flexion/Ext – seated/calf assisted												
	Patella/Tendon mobilization												
	Extension mobilization (no hyperext)												
	Quad sets												
	Hamstring sets												
	Terminal knee extension, Straight leg raise (when no quad lag)												
	Ankle pumps												
	Bike with no resistance												
BRACE SETTINGS	Progress to Endurance: ROM >125°, Quad set that terminally extends the knee												
	Muscular Endurance 3 x 15, 45s rest								9-14+				
	Lateral band stepping												
	Single leg leg press												
	Squat progression												
	RDL												
	Tuck squat												
	Progress to strength: 15+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference												
	Muscular Strength 3 x 10 120s rest									15-20+			
T scope 0-0 x 6 wks	Lateral band stepping												
	Single leg leg press												
	Hex bar squat												
	Kettlebell deadlift												
	Elevated split squat												
	Progress to power: 21+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference												
	Muscular Power 3 x 6, 180s rest										21-26+		
	Front squat												
	Barbell deadlift												
Weight Bearing status	Split jumps												
	Sled drags												
	Progress to running: 27+ weeks & Triple hop distance >90% of unaffected side												
	Running, Speed & Agility												27-32+
	Running progression												
	Ladder footwork drills												
	Forward & backward cone drills												
	Lateral cone drills												
	High Level Activities										21-26+		
	Golf, outdoor biking												
	Clearance for other activities made by Dr Cinque and based on different factors including passing the included progression criteria												