

**Nikhil Verma, MD**  
**Katie Gross, PA-C**  
**Brendan Sweeney PA-C**  
1611 W. Harrison, Suite #300  
Chicago, IL 60612  
**Vermapa@rushortho.com**  
Fax: 708-409-5179  
**www.sportssurgerychicago.com**

MIDWEST  
ORTHOPAEDICS  
at RUSH

### **Post-Operative Rehabilitation Guidelines for Tibial Osteotomy**

- 0-6 Weeks:      Strict TDWB with crutches  
                      Brace Locked in extension  
                      May remove brace for ROM/hygeine  
                      Unlimited ROM as tolerated (Passive, Active Assist)  
                      Quad sets, co-contraction, ankle pumps
- 6-12 Weeks:     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.
- 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