



# Open Wedge High Tibial Osteotomy

## ROSENBERG COOLEY METCALF

THE ORTHOPEDIC CLINIC AT PARK CITY

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- Bracing**
- 1) Brace locked at 20° for the first 4 weeks.
  - 2) Remove brace under PT supervision for passive extension ROM.
  - 3) Open brace for ambulation following x-ray exam (approximately post-op week 5)
  - 4) Sleep without the brace on post-op week 6
  - 5) Discontinue brace for ADLs (Activities of Daily Living) on post-op week 8.
  - 6) Continue brace for rehab exercise until 4 months post-op
- Range of Motion**
- 1) Begin scar/patellar mobilization immediately post-op
  - 2) Begin range of motion exercises at post-op week 4.
    - a. Flexion
      - Wall slides
      - Chair slides
    - b. Extension
      - Extension sitting
      - Prone extension
      - Gastroc/hamstring stretch
  - 3) Begin ROM only aquatic rehab at 3 wks post-op or when incisions are fully healed. Avoid WB in pool until followup x-ray exam at post-op week 4-5.
  - 4) Full range of motion by post-op week 8-12
- Weight Bearing**
- 1) Begin 25% weight-bearing following x-ray exam (approximately post-op week 5)
  - 2) Add 25% weight-bearing each week until 100%
- Conditioning and Strength Training**
- 1) Stationary biking to begin when weight-bearing is initiated
  - 2) Mini-squats/leg press/toe raises/ham curls to begin when 50% weight-bearing
  - 3) Stairmaster/treadmill walking to begin when 100% weight-bearing
- Lifestyle Modifications**
- 1) Achieve an optimal body weight
  - 2) Wear shock-absorbing shoes and avoid hard surfaces
  - 3) Safe exercise every day – Top 10 recommended activities
    - a. Swimming
    - b. Aquatic exercises
    - c. Biking
    - d. Healthrider
    - e. Rowing machine
    - f. Walking
    - g. Golf
    - h. Light hiking
    - i. Cross country skiing
    - j. Low impact aerobics
  - 4) Proper nutrition through diet and supplementation:
    - a. Calcium 600 to 1200 mg
    - b. Vitamin C 1500 mg
    - c. Vitamin E 400 IU (international units)
    - d. Magnesium 400 mg
    - e. Multivitamin that includes trace minerals
    - f. Glucosamine (750 mg) and chondroitin (600 mg). Double this quantity for the first 3 months.

