

Gregory Galano, MD
130 E 77th St, 8th Fl
New York, NY 10075
p: 212-861-2300, f: 212-861-2442
License #: 241830

Patient Name:

Date:

Date of Surgery:

**Knee Rehabilitation:
High Tibial Osteotomy**

Week 1-6

- Post-op brace at all times
- Toe touch weight-bearing to operative extremity
- Range of motion exercises to tolerance: active, active assist, gentle passive
- CPM machine at home for first month: increase ROM as tolerated
- Flexion = 120° by week 2
- Quadriceps, Hamstring, Adductor, Abductor stretching
- Stationary bike at 4 weeks
- Open brace at 4 weeks
- Straight Leg Raises
- Patellar Mobilization daily, instruct home program
- May sleep without brace at 5 weeks
- Anti-inflammatory modalities to the leg and knee as needed

Week 6 –16

- Continue critical components from week1-6 portion of protocol
- Increase weightbearing per doctor's instruction
- To wear brace during PT & Home exercises
- Begin isometric quad sets in full extension immediately:
 - straight leg raising with knee in full extension (~300-500 rep qday)
 - quad sets
- Continue exercise bike, cybex, closed chain quad exercises
- Strengthen / stretch: hamstrings, hip abductors, lower leg musculature
- Plyometrics at 12 weeks
- OK to swim at 8 weeks
- Pool based conditioning program if available (to start at week 8)
- Fine tune gait training
- Anti-inflammatory modalities as needed

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD