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### HIGH TIBIAL OSTEOTOMY GUIDELINES

	WEIGHT-BEARING STATUS	POST OP BRACE	RANGE OF MOTION	THERAPEUTIC INSTRUCTIONS	<b>PATIENT'S POST OPERATIVE CHECKLIST</b>
<b>WEEK 0-4</b>	Crutches  NWB with foot rest on the ground for balance when standing.	Yes  Locked in full extension while walking  Remove while sleeping after 1-2 weeks.	Full  <b>Keep up with range of motion 0-90 degrees by week 2-3.</b>  Focus on regaining <b>FULL EXTENSION.</b> Place Towel under ankle.	Emphasize patient compliance to home exercise program and weight bearing precautions/progression  Avoid pain with therapeutic exercise & functional activities  Prevent quadriceps inhibition  Exercises: Quad sets, heel slides, ankle pumps, gravity assisted knee flexion	<ul style="list-style-type: none"> <li>○ <b>Bandages</b> should be left on through 1<sup>st</sup> post op appointment. If bloody or suspect infection call the office immediately.</li> <li>○ Take <b>Aspirin</b> or Xarelto daily x 30 days</li> <li>○ Bruising and swelling is normal, it may travel to the ankle. Elevate the leg when laying, perform ankle pumps.</li> <li>○ Apply <b>ice/Gameready</b> 4-6 times/day, 20min on/60min off.</li> <li>○ There will be a physical therapy evaluation at 4 weeks</li> <li>○ Patients are responsible for understanding the individual insurance coverage for PT.</li> </ul>
<b>POST OP WEEK 1</b>					
***1x session at HSS Sports and Performance to evaluate progress, start weight bearing, and provide home exercises. Call 212-606-1005 to schedule at week 1 post operatively****					
<b>WEEK 4-6</b>	Transition to FULL Weight  <b>Use crutches until discontinued by your physical therapist.</b>	YES  Locked in full extension while walking	Full	Normalize gait  Continue improving ROM, stationary bike.  Patellar mobilization  <b>No open chain knee extension.</b>	

Week 6-12	Full weight	As needed	Full	<p>PT/HEP: LE strength progression within parameters from PT/physician.</p> <p>Continue/normalize phase I exercises as needed</p> <p>Continue improving ROM, stationary bike with resistance as appropriate.</p>
Week 13-22+				<p>Emphasize patient compliance to maintenance strength program</p> <p>Avoid pain with therapeutic exercise &amp; functional activities.</p> <p><b>24+ Weeks - Avoid running until adequate strength development and as advised by your PT and/or physician.</b></p>

#### Post Op Brace/CyMedica Evive

- You will be prescribed a long brace for immediately after surgery along with crutches. This will help protect your knee until your quad muscle gets stronger. We recommend the CyMedica Evive brace which has electric stim feature integrated in the brace. This function will improve muscle reeducation and strength at home and is operated by an app on your smartphone. You will be shown how to use this function prior to your surgery.

#### Game Ready Ice Machine

- We recommend rental of this cold and compression unit offered by a hospital equipment vendor (Eschen). It is an efficient and effective means of controlling swelling and pain post operatively and helps avoid dependency on pain medication. You should be contacted by the vendor for rental information including cost.

#### Hardware Removal (Screws/plates)

- You don't have to have the screws removed, however, if you would like to, the procedure is done after the osteotomy is well-healed, typically around the 8-9 month mark. This is a simple same-day procedure done in the OR. The surgeon makes a small incision using the same healed incision from the first surgery. You should avoid running/high impact activity for a few weeks afterwards but have no ROM restriction and crutches are to be used as needed.