

PROXIMAL TIBIAL OSTEOTOMY (open wedge)

Phase I (Week 0 – 4)

- TDWB with crutches and immobilizer
- ROM from 0 - 90° (PROM/AAROM)
- Strengthening:
 - Quadricep sets
 - SLR's X 4 planes (no resistance)
 - Ankle pumps
- Patellar mobilizations
- Begin gentle stretches (hamstrings, gastrocnemius, ITB, etc)

Phase II (Weeks 4 – 6)

- Continue TDWB with crutches and wean from immobilizer when good quad control
- Progress AAROM/PROM gradually to tolerance
- Begin stationary cycling with high seat and no resistance

Phase III (weeks 6 – 12)

- Progress to PWB x 2 weeks and then to WBAT and wean from crutches when no limp
- Begin resisted SLR's
- Begin light open chain isotonic exercises
- Begin closed chain strengthening when WBAT
- Begin balance/proprioception program

Phase IV (weeks 12- 16)

- Progress above ROM, flexibility, proprioception and strengthening program
- Isokinetic test (full ROM/high speeds)
- Gradual return to previous activity level with physician approval



Home to the Texas Rangers