



## High Tibial Osteotomy or Distal Femoral Varus Osteotomy

### DETAILED BRACE AND PHYSIOTHERAPY PRESCRIPTION:

|                                      | WEIGHT BEARING   | BRACE  | ROM                     | THERAPEUTIC EXERCISES   |
|--------------------------------------|--|--|-------------------------|---|
| <b>Initial post-op<br/>2-6 weeks</b> | NWB with brace locked in extension.                                    | Progress to 0-90° for all activities including sleeping- | Progress to 0-90°       | AROM to tolerance, quad/ham/glut sets, ankle pumps, calf/ hamstring stretches***, SLR with brace locked in full extension, resisted plantar flexion.                  |
| <b>6-8 weeks</b>                     | Advance to a protected gait pattern with crutches (50% of your weight) | Removed for sleeping.                                    | Increase motion to 120° | Progress exercises in first phase, SLR without brace if able to maintain full extension, initiate stationary bike with low resistance.                                |
| <b>8-12 weeks</b>                    | Full, without use of crutches and with a normalized gait pattern.      | D/C per physician  | Full ROM                | Mini-squats 0-45°-, leg press 0-60°, closed chain terminal knee extensions, toe raises, balance activities, hamstring curls, increase to moderate resistance on bike. |



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