

Patient Name:

Date:

Date of surgery:

Posterior Lateral Corner +/- High Tibial Osteotomy Rehabilitation Protocol

- I. 0-4 Weeks
 - a. Toe Touch/Flat Foot Weight Bearing (x 4 weeks)
 - b. ROM Goals: 0-90 degrees x 6 weeks
 - c. CPM x 3 weeks 6 hours/day
 - d. Patella Mobilization exercises
 - e. EMS/E-Stim
 - f. Cryotherapy
- II. 4-6 Weeks
 - a. Progress to Partial Weight Bearing
 - b. Conditioning: non-resistant stationary bike; aquatic program as available
 - c. Strengthening:
 - i. Isometrics: Quads (SLR, Short Arc Sets)
 - ii. E-Stim
 - d. Continue Patellar Mobilizations Exercises
- III. 6-12 Weeks
 - a. ROM: Advance to 0-120 degrees
 - b. Advance to Regular Weight Bearing off of crutches
 - c. Continue with brace unlocked fully
 - d. Continue Stationary Bike, Aquatic Program if available
 - e. Strengthening:
 - i. Close Chain: gait retraining, toe raises, wall sits, mini-squats
 - ii. Leg Press (70-10 deg)
 - iii. Knee Flexion hamstring curls (90 deg)
 - iv. Knee Extension quads (90 to 30 deg)
 - v. Hip abd-add, mulit-hip
 - vi. Continue with Leg Press
 - f. Proprioceptive training (weight shifting, mini-tramp, plyometrics)
 - g. Walking; Stair climbing machine
- IV. 12-16 Weeks
 - a. Out of Brace
 - b. Progress Strengthening Activities as Tolerated
- V. 4 Months
 - a. Inline running can be initiated (walk to run program)
- VI. 6 Months
 - a. If Strength >80% Contralateral side, may be cleared for sports activities