

POST OPERATIVE PROTOCOL

Rehabilitation of an Opening Wedge High Tibial Osteotomy

Week 1-2

- ROM knee brace 0-100 degree
- Mobilise touch weight bearing
- Active and passive ROM.

Week 3-4

- ROM exercises 0-110 degrees
- Mobilise touch weight bearing

Week 5-6

- ROM exercises as tolerated
- Mobilise partial weight bearing - 25% body weight

Week 6-8

- Mobilise PWB 50%

Week 8-12

- Await healing of osteotomy on Xray
- When union complete full weight bearing out of brace
- Full ROM exercises active and passive
- Strengthening

Week 12+

- Graduated return to normal activities

If you still have questions about your recovery

Please contact Dr Awwad's office prior to your surgical date at: drgeorgeadmin@aos.com.au

Sometimes we may miss a question that is important to you. If so, please feel free to email us your feedback so that we can improve our service to you and future patients – drgeorgeadmin@aos.com.au

Ask Dr Awwad to clarify your restrictions prior to surgery to avoid disappointment.



Dr George Awwad

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