

Swelling/inflammation

o Elevation Range of motion

Continue use of cryotherapyCompression bandage

o PROM/AAROM exercises

High Tibial Osteotomy and Anterior Cruciate Ligament Reconstruction Rehabilitation Program

Nam	e:	Date:
Diag	nosis:	Date of Surgery:
Pł	ıase I –In	nmediate Postoperative Phase (Day 1-5)
•	Goals:	
	0	Diminish swelling/inflammation (control hemarthrosis)
	0	Diminish postoperative pain
	0	Initiate voluntary quadriceps control
	0	Independent ambulation
•	Brace:	
		Brace for ambulation only (POD 1 to Week 6)
•		t-bearing
		Non-weightbearing x 6 weeks
•		ng/Inflammation Control
		Cryotherapy
	0	Compression bandages
		Elevation & ankle pumps
•	_	of Motion
	0	Full passive knee extension
	0	· (yy
	0	
	0	Bondo Initto I Offi
	0	As tolerated -CPM for 2 hours, 3x daily, from 0-30° of flexion out of brace
•	Flexib	ility
	0	Hamstring and calf stretches
	0	PROM/AAROM within ROM limitations
	hase II _	Acute Phase (Week 2-8)
_ :	Goals:	
	0	
	0	
	0	Quadriceps strengthening
•	Brace	Quadrice pastrengmening
	0	Continue brace for ambulation only
	0	Discontinue brace (week 8)
		t-bearing
		Unlock brace for ambulation week 4
	0	
	0	Partial weight-bearing 6-8 weeks
	0	Discontinue Crutches at Week 8



- o ROM 0-75° (week 1-3)
- o ROM 0-90° (week 4)
- Muscle Retraining
 - o Electrical muscle stimulation to quads
 - o Quad setting isometrics
 - Straight leg raises (flexion)
 - o Hip adduction/abduction
 - Hip extension
 - GENTLE submaximal isometric knee extension
 - o Week 4
 - Light leg press
 - Vertical squats (no weight)
- Flexibility
 - Continue hamstring, calf stretches

Phase III –Subacute Phase "Motion" Phase (Week 9-11)

- Goals
 - o Gradual improvement in ROM
 - o Improve muscular strength and endurance
 - Control forces on extension mechanism
- Weight-bearing
 - o One crutch (week 4-6)
 - Discontinue crutch (week 6)
- Range of motion
 - o PROM 0-115°
 - o PROM 0-125°
 - o PROM 0-125/135°
- Exercises
 - o Continue electrical muscle stimulation to quadriceps
 - o Quadriceps setting isometric
 - o Hip adduction, abuction, and extension
 - Vertical squats
 - o Leg press
 - o Knee extension light (0-60°)
 - o Bicycle (week 6-8)
 - Pool program [walking, strengthening (when able)]
- Flexibility
 - Continue all stretching exercises for LE

Phase IV -Strengthening Phase (weeks 12-16)

- Criteria to Progress to Phase IV
 - o ROM at least 0-115 degrees
 - Absence of swelling/inflammation
 - o Voluntary control of quads
 - Goals
 - Gradual improvement of muscular strength
 - o Functional activities/drills
 - Exercises
 - ½ vertical squats (0-60°)
 - Wall squats (0-60°)
 - Leg press

- o Forward lunges
- o Lateral lunges
- o Lateral step-ups
- o Knee extension (60-0°)
- o Hip adduction/abduction
- o Bicycle
- o Stairmaster

		Phase	V	-Return	to	Activity	Phase	e
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- Criteria to enter Phase V
 - o Full non-painful ROM
 - o Appropriate strength level (80% or greater of contralateralleg)
 - Satisfactory clinical exam
- Goals

Comments:

- o Functional return to specific drills
- Exercises
 - o Functional drills
 - o Strengthening exercises
 - o Flexibility exercises

Frequency: times per week	Duration: weeks
Signature:	Date