

Noyes Knee Institute Rehabilitation after High Tibial or Distal Femoral Osteotomy

	Postoperative Weeks					Postop Months		
	1-2	3-4	5-6	7-8	9-12	4	5	6
Brace Long-leg postoperative Unloading	X	X	X	X	(X)*	(X)*	(X)*	(X)*
Range of motion minimum goals 0°-110° 0°-130° 0°-135°	X	X	X					
Weight bearing None to toe-touch 25%-50% body weight Full (fracture site healed)	X	X	X	X	(X)*			
Patella mobilization	X	X	X	X				
Modalities Electrical muscle stimulation Pain/edema management (cryotherapy)	X X	X X	X X	X X	X	X	X	X
Stretching Hamstring, gastrocnemius-soleus, iliotibial band, quadriceps	X	X	X	X	X	X	X	X
Strengthening Quadriceps isometrics, straight leg raises, active knee extension Closed-chain: gait retraining, toe-raises, wall-sits, mini-squats Knee flexion hamstring curls (90°) Knee extension quads (90°-30°) Hip abduction-adduction, multi-hip Leg press (70°-10°)	X	X (X)	X X	X X X X X	X X X X X	X X X X X	X X X X X	X X X X X
Balance/proprioceptive training Weight-shifting, mini-trampoline, balance board, Biomechanical Ankle Platform System, Biodex Balance System				X	X	X	X	X
Conditioning: Upper body cycle Bike (stationary) Aquatic program Swimming (kicking) Walking Stair-climbing machine Ski machine		X	X X X	X X X	X X X X X X	X X X X X X	X X X X X X	X X X X X X
Recreational activities								X

*(X): Based on patient symptoms, function, resumption weight-bearing, fracture site healing.