09/14/24

UHealth UNIVERSITY OF MIAMI HEALTH SYSTEM | SPORTS MEDICINE INSTITUTE

Proximal Tibial Osteotomy

Name: _____ DOB: _____

Dr: Michael G. Rizzo, M.D. Date: _____

ROM RESTRICTIONS

Full range of motion

BRACE SETTINGS

Brace x 6 weeks

Weight Bearing status

TTWB x 5 weeks, wean x 1 week, FWB after 6 weeks

T.E.D Hose

x 2 weeks

TIMELINES

Week 1(1-7 POD)
Week 2(8-14 POD)
Week 3(15-21POD)
Week 4(22-28POD)

●= Do exercise for that week

Initial Exercises	Week 1	2	3	4	5	6	7	8	9	10	13	17	21	25
Patella/Tendon Mobilizations	●	●	●	●	●	●								
Flexion/Extension – Seated/Wall Slide	●	●	●	●	●	●								
Extension Heel Prop	●	●	●	●	●	●								
Quad Series (E-Stim, BFR)	●	●	●	●	●	●								
Hamstring Set	●	●	●	●	●	●								
Calf Stretch with Strap	●	●	●	●	●	●								
Ankle pumps	●	●	●	●	●	●								
Toe and Heel Raises						●								
Weight Shifts & Crutch Walking						●								
Single Leg Balance						●	●	●	●	●	●			
Cardiovascular Exercises	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**13**	**17**	**21**	**25**
Stationary Bike			●	●	●	●	●	●	●	●	●	●	●	●
Aqua Jogging						●	●	●	●	●	●	●	●	●
Treadmill – Walking											●	●	●	●
Swimming with Fins											●	●	●	●
Elliptical/Rowing												●	●	●
Weight Bearing Strength	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**13**	**17**	**21**	**25**
Leg Press – Double Leg							●	●	●	●	●	●		
Squats – Double Leg							●	●	●	●	●	●		
Deadlifts – Double Leg							●	●	●	●	●	●		
Heel Raises – Double Leg							●	●	●	●	●	●		
Standing Hamstring Curl							●	●	●	●	●	●		
Band Walking							●	●	●	●	●	●		
Isometric Wall Sit @ 90,60,45°							●	●	●	●	●	●		
Bridging – Double Leg							●	●	●	●	●	●		
Leg Press – Single Leg											●	●	●	
Reverse Lunge Static Hold											●	●	●	
Deadlift – Single Leg											●	●	●	
Ball & Single Leg Bridging											●	●	●	
Rear Leg Elevated Split Squat												●	●	●
Lunges – Walking & Slide Disc												●	●	●
Front Step Up												●	●	●
Heel Raises – Single Leg												●	●	●
Side Planks												●	●	●
Sliding Leg Curl – Double Leg												●	●	●
Advanced Balance Training												●	●	●
Squat – Single Leg												●	●	●
Front Step Down												●	●	●
Single Leg Box Drives													●	●
Single Leg Squat Y Excursions													●	●
Sliding Leg Curl – Single Leg													●	●
Nordic Hamstring Curls														●

Recommended Criteria to Initiate Impact Activities & Running

Pain ≤ 2/10

Full Active Knee Extension

Knee flexion ROM ≥ 95% of Uninvolved Side

Quad LSI ≥ 70%
HS LSI ≥ 70%

Plyometrics	1	2	3	4	5	6	7	8	9	10	13	25	29	33
Vertical Squat Jump – Double Leg												●	●	●
Horizontal Broad Jump – Double Leg												●	●	●
Lateral Jump – Double Leg												●	●	●
Vertical/Broad/Lateral Jumps – Double Leg to Single Leg Land												●	●	●
Jump Lunges												●	●	●
Box Drop – Double Leg												●	●	●
Continuous Broad Jumping – Double Leg												●	●	●
Vertical/Broad Jumps – Single Leg to Single Leg Land													●	●
Lateral Skater Hops – Single Leg													●	●
Box Drop – Single Leg													●	●
Continuous Broad Jumping - Single Leg (Triple, Crossover, 6m Timed)													●	●
Box Drop Jumps – Double Leg													●	●
Box Drop Jumps – Single Leg														●
Return to Running	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**13**	**25**	**29**	**33**

Walk/Jog Program												●	●	●
Running Progression													●	●
Sprinting Progression														●
Agility	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**13**	**25**	**29**	**33**
Quick Taps on Step												●	●	●
Standing Mountain Climbers at Wall												●	●	●
Shuffling & Grapevine												●	●	●
Back Pedaling												●	●	●
Agility Ladder Drills												●	●	●
Single Leg Hopping (Clock, Square)												●	●	●
Skipping/Bounding													●	●
Deceleration Drills													●	●
Cone Drills													●	●
Sport Specific Drills														●
Return to Sport	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**13**	**25**	**29**	**33**
Golf – Putt							●	●	●	●	●	●	●	●
Chip									●	●	●	●	●	●
Irons										●	●	●	●	●
Drivers											●	●	●	●
Play a Round											●	●	●	●
Hiking – Easy												●	●	●
Hiking – Moderate													●	●
Hiking – Difficult														●
Backpacking														●
Road Biking – Flat												●	●	●
Road Biking – Hills													●	●
Gravel Biking														●
Mountain Biking – Cross Country													●	●
Mountain Biking – Downhill														●
Snowshoeing, Nordic Skiing – Classic												●	●	●
Nordic Skiing – Skate													●	●
Alpine Skiing, Snowboarding, Basketball, Tennis, Football, Soccer														●

Therapist Name: