

Sports Injury and Joint Replacement Surgery for the Hip and Knee

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

Do you still have a question about your recovery that has not been answered within this document?

Please contact Dr Awwad's office prior to your surgical date at:
awwadadmin@orthosa.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 –
awwadadmin@orthosa.com.au



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APPOINTMENTS AND ENQUIRIES

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