

High tibial osteotomy

1. Usually there will be no knee brace or splint
2. Bone graft is not usually used
3. Dressing reduced before discharge
4. TTWB progressing to PWB as tolerated
5. FROM and muscle strengthening
6. Aim for FWB without aids around the home by 6 weeks
7. OPD and x-ray at 6 weeks, if satisfactory progressively increase FWB and come off walking aids.
8. Aim for phased return to manual work from 12 weeks onwards.
9. Deviations may be required for concomitant Microfracture/meniscal repair cases.
- 10 Removal of metalwork around 12 months to resolve any low grade pes symptoms and clear the knee of implants.
- 11 No restrictions on activity once recovery is complete.