

## HTO/MFX Chondral/Tibial Plateau

Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

• = Do exercise for that week/month

		Week								Month						
<b>ROM</b>		<b>Initial Exercise</b>	1	2	3	4	5	6	7	8	9	10	3	4	5	6
<b>Restrictions:</b> _____ _____ _____	Extension/flexion – wall slides		•	•	•	•	•	•	•	•						
	Extension/flexion – sitting		•	•	•	•	•	•	•	•						
	Extension/flexion – prone		•	•	•	•	•	•	•	•						
	Quad sets with straight leg raises		•	•	•	•	•	•	•	•						
	Hamstring sets		•	•	•	•	•	•	•	•						
	Patella/tendon mobs		•	•	•	•	•	•	•	•	•	•	•			
	Ankle pumps		•	•	•	•										
<b>Brace Settings:</b> _____ _____ _____	Sit and reach for hamstrings (towel)		•	•	•	•	•	•	•	•	•	•	•	•	•	•
	Runners stretch for calf and achilles										•	•	•	•	•	•
	Stork stand for quadriceps										•	•	•	•	•	•
	Toe and heel raises										•	•	•	•	•	•
	1/3 knee bends										•	•	•	•	•	•
<b>Cardiovascular Exercises</b>			1	2	3	4	5	6	7	8	9	10	3	4	5	6
<b>Weight Bearing Status:</b> • Non WB • Touch down WB • Partial 30 percent WB • As tolerated WB • Full WB	Bike with single leg/single leg rowing		•	•	•	•	•	•	•	•	•	•	•	•	•	•
	Bike with both legs				•	•	•	•	•	•	•	•	•	•	•	•
	Aqua-jogging										•	•	•	•	•	•
	Treadmill-incline 7 to 12 percent											•	•	•	•	•
	Swimming with fins										•	•	•	•	•	•
	Elliptical trainer											•	•	•	•	•
	Rowing											•	•	•	•	•
StairMaster												•	•	•	•	
<b>Time Lines:</b>			1	2	3	4	5	6	7	8	9	10	3	4	5	6
• Week 1 (1 to 7 POD) • Week 2 (8 to 14 POD) • Week 3 (15 to 21 POD) • Week 4 (22 to 28 POD)	<b>Sport Cord Exercises</b>		1	2	3	4	5	6	7	8	9	10	3	4	5	6
	Double knee bends											•	•	•	•	•
	Carpet drags											•	•	•	•	•
	Gas pedal											•	•	•	•	•
	Forward/backward jogging											•	•	•	•	•
	Single knee bends											•	•	•	•	•
Side to side lateral agility												•	•	•	•	

<b>Agility Exercises</b>	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Initial											•	•	•	•
Advance												•	•	•
<b>Weights</b>	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Leg press to 90 degrees												•	•	•
Leg curls – don't hyperextend												•	•	•
Ab/adduction												•	•	•
Mini squats with bar												•	•	•
Balance squats												•	•	•
<b>High Level Activities</b>	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Outdoor biking												•	•	•
Golf												•	•	•
Running														•
Skiing, basketball, tennis, football, soccer														•