Proximal Tibial Osteomy

Dr. Ben Petre
Orthopedic Surgery

Name: _____

Dr: Benjamin Petre, MD   Date: _____

●= Do exercise for that week

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Flexion/Extension - wall slides	●	●	●	●	●	●	●	●						
Flexion/Extension – seated	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Extension mobilization	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets	●	●	●	●	●	●	●	●						
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Toe and heel raises						●	●	●	●	●	●	●		
Balance series										●	●	●	●	●

Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike/Rowing with well leg	●	●	●	●	●	●	●	●						
Bike with both legs – no resistance			●	●	●	●	●	●	●					
Bike with both legs - resistance									●	●	●	●	●	●
Aquajogging			●	●	●	●	●	●	●	●	●	●	●	●
Treadmill – walking 7% incline										●	●	●	●	●
Swimming with fins										●	●	●	●	●
Elliptical trainer										●	●	●	●	●
Rowing											●	●	●	●
Stair stepper												●	●	●

Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Double knee bends										●	●	●	●	
Double leg bridges										●	●			
Reverse lunge – static hold										●	●	●		
Beginning cord exercises										●	●	●		
Balance squats												●	●	
Single leg deadlift												●	●	●
Leg press												●	●	●
Sports Test exercises													●	●

Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running progression													●	●
Initial – single plane													●	●
Advance – multi directional														●
Functional sports test														●

High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf													●	●
Outdoor biking, hiking, snowshoeing													●	●
Skiing, basketball, tennis, football, soccer														●