



HIGH TIBIAL OSTEOTOMY (HTO) REHABILITATION PROTOCOL

PHASE I: Weeks 0-2

- Protected weight bearing (as tolerated) with crutches and brace locked in extension for ambulation
- ROM 0-90
- Calf pumps, quad sets, SLR in brace, modalities

PHASE II: Weeks 2-6

- Wean crutches as tolerated -- brace locked in extension during ambulation until adequate quad strength achieved (i.e. solid SLR)
- Brace open 0-90 during the day. Discontinue brace at night.
- Discontinue brace at week 6 (assuming quad control)
- ROM full extension, progress to full flexion
- Progress non-weight bearing flexibility, modalities
- Begin floor-based core and glutes exercises
- Advance quad sets, patellar mobs, and SLR

PHASE III: Weeks 6-8

- Full weight bearing
- Discontinue brace (assuming good quad control and gait mechanics)
- Progress to full ROM
- Advance closed chain quads, progress balance, core/pelvic and stability work
- Begin stationary bike at 6 weeks
- Advance SLR, floor-based exercise; hip/core

PHASE IV: Weeks 8-16

- Full weight bearing
- Full ROM
- Progress flexibility/strengthening, progression of functional balance, core, glutes program.
- Advance bike, add elliptical at 12 wks. as tolerated
- Swimming okay at 12 wks.

PHASE V: Weeks 16-24

- Full weight bearing
- Full ROM
- Advance phase IV activity
- Progress to functional training, including impact activity after 20 wks. when cleared by MD.