

Post-operative Rehabilitation Protocol

High Tibial Osteotomy (HTO)

General Guidelines	<ul style="list-style-type: none"> - Physical therapy should begin 5-7 days after surgery - You will be Non weight bearing with crutches for minimum 2 weeks after surgery - Rest, ice, compression, elevation recommended for first 48 hours - No running or impact activities until minimum 5 months after surgery and cleared by MD - Contact therapist or physician with any questions/concerns 		
	Range of Motion	Brace	Exercises
Phase 1 – Early protection <i>Weeks 0 - 4</i>	Okay for passive and active ROM 0 – 90° <u>0-2 wks: Non weight bearing</u> <u>2-4 wks: 25% weight bearing</u>	0-2 wks: Locked in extension full time and for sleeping. Okay to remove for CPM and PT 2-4 wks: Brace unlocked	<u>Exercises:</u> straight leg raises with brace locked in extension, quad sets, patellar mobilizations, heel slides <u>CPM:</u> Begin at 0-45° → May advance 5° each day as comfortable. Do not exceed 90° unless otherwise directed by MD
Phase 2 – Transition <i>Weeks 4 - 6</i>	Progress to full ROM <u>4-6 wks: 50% weight bearing</u>	Brace unlocked	<u>Exercises:</u> Continue phase 1. Progress floor-based core, hip and glute work. Progress non weight bearing flexibility
Phase 3 – Early Loading <i>Weeks 6 - 12</i>	Full, pain-free ROM Progress to Full WB	Wean out of brace once good quad control	<u>Exercises:</u> Begin stationary bike at 6 weeks. Once normalized, pain-free gait → begin balance exercises, lunges 0-90°, leg press 0-90°, wall sits to 90°
Phase 4 – Strength <i>Weeks 12 - 20</i>	Full, pain-free ROM	None	<u>Exercises:</u> Progress strengthening. Begin single leg strengthening. Add elliptical at 12 weeks. Advance bike resistance. Build walking endurance
Phase 5 – Resume activities <i>Weeks 20+</i>	Full, pain-free ROM	None	May begin light jogging at 5 months post-op if no pain or swelling and cleared by MD. Sport-specific training.