



Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

Post-Operative Rehabilitation Guidelines for Distal High Tibial Osteotomy (HTO)

Name: _____ Date: _____

Diagnosis: _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week

Duration: 1 2 3 4 5 6 Weeks

Weeks 0-6:

- Strict PWBAT with crutches x4 weeks
 - WB status may be adjusted based on Surgeon's assessment
- Brace Locked in extension
- May remove brace for ROM/hygiene
- Unlimited ROM as tolerated (Passive, Active Assist)
- Quad sets, co-contraction, ankle pumps

Weeks 6-12: ***

- Advance to PWB (50%) weeks 6-8
- May advance WBAT after week 8
- Unlock brace, D/C crutches when quad function adequate.
- May wean from brace after 8 wks. as tolerated.
- Full unlimited Active/Passive ROM. Advance as tolerated.
- Continue SLR, Quad sets. Advance to light open chain exercises, mini squats.
- Begin hamstring strength week 10.

Weeks 12-16:

- Full gait with normalized pattern.
- Full ROM
- Begin treadmill walking
- Progress to balance/Proprioception exercises.
- Initiate sport specific drills

16 Weeks >

- Advance closed chain exercises.
- Focus on single leg strength
- Begin light Plyometric program
- Emphasize single leg loading

Comments:

___ Functional Capacity Evaluation ___ Work Hardening/Work Conditioning ___ Teach HEP



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Modalities:

- Electric Stimulation
- Ultrasound
- Iontophoresis
- Phonophoresis
- TENS
- Heat before/after
- Ice before/after
- Trigger points massage
- Therapist's discretion
- Other _____

Signature: _____ **Date:** _____