



# Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

## HIGH TIBIAL OSTEOTOMY (HTO) REHABILITATION PROTOCOL

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

Diagnosis: \_\_\_\_\_

Date of Surgery \_\_\_\_\_

Frequency: 1 2 3 4 times/week

Duration: 1 2 3 4 5 6 Weeks

### PHASE I: Weeks 0-2

- Full weight bearing with brace locked in extension for ambulation
- ROM 0-90
- Calf pumps, quad sets, SLR in brace, modalities

### PHASE II: Weeks 2-6

- Full weight bearing
- Brace open 0-90 during the day. Discontinue brace at night.
- Discontinue brace at week 6
- 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
- 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.



# Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

**Comments:**

Functional Capacity Evaluation  Work Hardening/Work Conditioning  Teach HEP

**Modalities:**

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

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_