Post-operative Rehabilitation Protocol

High Tibial Osteotomy (HTO)

General Guidelines

- 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 Weeks 0 - 4	Okay for passive and active ROM 0 – 90° 0-2 wks: Non weight bearing 2-4 wks: 25% weight bearing	0-2 wks: Locked in extension full time and for sleeping. Okay to remove for CPM and PT 2-4 wks: Brace unlocked	Exercises: straight leg raises with brace locked in extension, quad sets, patellar mobilizations, heel slides CPM: Begin at 0-45° → May advance 5° each day as comfortable. Do not exceed 90° unless otherwise directed by MD
Phase 2 – Transition Weeks 4 - 6	Progress to full ROM 4-6 wks: 50% weight bearing	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 Weeks 6 - 12	Full, pain-free ROM Progress to Full WB	Wean out of brace once good quad control	Exercises: 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 Weeks 12 - 20	Full, pain-free ROM	None	Exercises: Progress strengthening. Begin single leg strengthening. Add elliptical at 12 weeks. Advance bike resistance. Build walking endurance
Phase 5 – Resume activities Weeks 20+	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.

