ISOLATED HTO (HIGH TIBIAL OSTEOTOMY) REHABILIATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	Heel touch only	**0-2 week:** Locked in full extension at all times Off for hygiene and exercises only	Gentle 0-90 as tolerated for first 2 weeks	**0-2 weeks:** Quad sets, SLR in brace, calf pumps, passive leg hangs to 90°, modalities
PHASE II 2-6 weeks	Heel touch only	Unlocked during day 0-90, off at night Off for hygiene, rest, and exercises	Maintain full extension and progress to full flexion as tolerated	PROM/AAROM to tolerance, patella and tibiofibular joint mobs Begin floor based core and glute/quad/hamstring exercises
PHASE III 6-8 weeks	Advance 25% weekly until full	Discontinue after 6-8 weeks when WB comfortably	Full	**6-8 weeks:** Advance closed chain exercises, gait normalization, eccentric quads, eccentric hamstrings; advance core, glutes and pelvic stability Begin stationary bike as tolerated after 6 weeks **8-12 weeks:** Advance hamstring work, proprioception/balance exercises; hip/core/glutes
PHASE IV 8-16 weeks	Full	None	Full	Progress Phase III exercises and functional activities: walking lunges, planks, bridges, swiss ball, half-bosu exercises Advance core/glutes, balance, flexibility May advance to elliptical, pool as tolerated after 12 weeks
PHASE V >16 weeks				Slowly advance all activity as tolerated Progress to functional training, including running, jumping, pivoting, and sports after 16 weeks

*Brace may be removed at night after first post-operative visit (day 7-14) if directed

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