

Rehabilitation Protocol: **High Tibial Osteotomy (HTO)**

	Weight Bearing	Brace Use	Range of Motion	Therapeutic Elements
PHASE I 0 - 4 weeks	Touch-down weight bearing (TDWB) with crutches.	Locked in extension at all times including sleep. Remove for exercises.	Advance as tolerated. Goal: at least 90° by 4wks, 120° by 6wks.	Heel slides, quad sets, hamstring isometrics, co-contractions, ankle pumps. Regain full extension. Modalities: heat before, ice after. Quad stim.
4 - 6 weeks	Partial weight bearing (PWB)	Locked for ambulation. May removal for sleeping.	PROM: 90° flexion at each therapy session.	
PHASE II 6 - 8 weeks	As tolerated (WBAT), wean crutches.	Discontinue brace if patient has controlled SLR without extension lag.	Progress to full ROM.	Start SLR out of brace. Progressive closed chain exercise. Bicycle without resistance.
8 - 12 weeks	Full weight (FWB) with normal gait.	None.	Full A/PROM.	Advance closed chain exercise. Leg press 0-60°, Short arc wall squats. Balance exercises.
PHASE III 12 - 16 weeks	FWB.	None.	Full A/PROM.	Begin open chain strengthening. Swimming and Treadmill walking for exercise. Progress to Elliptical (EFX).
PHASE IV 4 - 6 months	FWB.	None.	Full.	Start progressive running program. Sports specific drills. Continue strength training. Consider return to high impact sports.