

HTO (Opening-wedge High Tibial Osteotomy) Protocol

Name _____ Today's Date _____

Diagnosis _____ Surgery Date _____

Frequency: 1 2 3 4 5 times/week

Duration: 1 2 3 4 5 6 weeks

Side: R / L

Evaluate only Provide home exercise program (HEP)

Evaluate and Treat

PHASE 1: Period of protection; Weeks 0 - 6

- Non-weight bearing with brace locked in extension with crutches
- Active and passive NWB range-of-motion 0-90°; Obtain full extension
- Brace 0-90° while sleeping

Therapeutic Exercise

Patellar mobs, SLR with brace locked in extension until no extensor lag, heel slides, quad/hamstring sets, NWB heel cord stretch, ankle pumps, prone hangs

PHASE 2: Weeks 6 - 8

- 50% partial weight-bearing with crutches
- Active and passive NWB range-of-motion 0-135°
- No weight-bearing with any knee flexion
- No brace while sleeping

Continue phase 1, SLR without brace if no extensor lag, stationary bike without resistance

PHASE 3: Weeks 8 - 12

- Weight-bearing as tolerated without crutches
- d/c brace per physician
- Ensure full motion

Short-arc (0-45°) closed-chain exercises, mini-squats, 0-60° low resistance leg press, toe raises, hamstring curls, progress proprioception, continue core

PHASE 4: Weeks 12 and beyond

- Gradual return to sport training and competitive sport
- Maintenance strengthening, flexibility
- May begin jogging and progress to running

Sport-specific training, maintenance strengthening for core, hip abduction, hip extension, quads, hamstring, gastroc, flexibility, plyometrics, proprioception

Comments:

Modalities: ___ Per therapist ___ Electrical Stimulation ___ Ultrasound ___ Heat before/after ___ Ice before/after

___ Aquatherapy ___ Massage ___ Trigger points ___ ART (Active release techniques) Other _____

Signature _____ Date _____