

## High Tibial Osteotomy (HTO) Rehabilitation Protocol

	<b>Weight-bearing</b>	<b>Brace</b>	<b>Range of Motion</b>	<b>Exercises</b>
<b>Phase 1</b> 0-2 weeks	Heel touch only	Locked in full extension at all times  Off for hygiene and home exercise only	Gentle passive 0-90°	Calf pumps, patellar mobilization, quadriceps tightening sets and SLR in <b>brace</b>
<b>Phase 2</b> 2-6 weeks	Heel touch only	<b>2-8 weeks:</b> Unlocked 0-90° and worn daytime only until 6 weeks Off at night for sleeping Discontinue brace at 6 weeks	Maintain full extension and progress to full flexion	Progress non-weight-bearing flexibility, modalities as needed  Add side-lying hip and core, advance quad set and stretching  Advance core work with hip, gluteal and core strengthening
<b>Phase 3</b> 6-8 weeks	Advance 25% weekly and progress to full with normalized gait pattern	None	Full	Progress closed chain activities.  Advance hamstring exercises, proprioception & balance exercises, lunges & leg press  Advance core work with hip, gluteal and core strengthening  Begin Stationary Bike at 6 weeks
<b>Phase 4</b> 8-16 weeks	Full	None	Full	Progress Phase III exercises and functional activities: walking lunges, planks, bridges, Swiss ball, half-Bosu exercises  Advance core work with hip, gluteal and core strengthening  Add elliptical at 12 weeks and swimming permitted at 12 weeks.
<b>Phase 5</b> 4-6 months	Full	None	Full	Advance Phase 4 activities.  Progress to functional training, including impact activity after 5 months when cleared by MD

CPM – continuous passive motion machine; SLR – Straight-leg raise;

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