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HTO (HIGH TIBIAL OSTEOTOMY) REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	Heel touch only*	On at all times during day and while sleeping** Off for hygiene	0-90° at home CPM starts POD 2 start 0-45 ADAT	Calf pumps, quad sets SLR in brace, modalities
PHASE II 2-6 weeks	Heel touch only. Week 5 start 25% WB	Off at night Open 0-90 and worn daytime only until 6 wks	Maintain full extension and progress flexion to full	Progress non-weight bearing flexibility, modalities Begin floor-based core and glutes exercises Advance quad sets, patellar mobs, and SLR
PHASE III 6 weeks - 8 weeks	Advance to full starting at week 6	None	Full	Advance closed chain quads, progress balance, core/pelvic and stability work Begin stationary bike at 6 weeks Advance SLR, floor-based exercise; hip/core
PHASE IV 8-16 weeks	Full	None	Full	Progress flexibility/strengthening, progression of functional balance, core, glutes program Advance bike, add elliptical at 12 wks as tolerated Swimming okay at 12 wks
PHASE V 16-24 wks	Full	None	Full	Advance Phase IV activity Progress to functional training, including impact activity after 20 wks when cleared by MD

*WB status to be confirmed on patient's specific PT Rx

**Brace may be removed for sleeping after first post-operative visit (day 7-10)