



Combined HTO/OATs Protocol

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	FFWB in brace, crutches at all times	0-1 week: Locked in full extension for ambulation and sleeping 1-4 weeks: Unlocked for ambulation when quad returns.	Gentle passive ROM and heel slides 0-45° for 1 week, then 0- 90°	Heel slides, quad sets, patellar mobs, SLR, calf pumps at home
PHASE II 2-8 weeks	2-6 weeks: FFWB in brace 6-8 weeks: Advance 25% weekly until full by 8 wks	Discontinue at 6 weeks/or when quad control improved and no extensor lag with SLR	Advance to tolerance, goal of full by end of week 6	2-6 weeks: Add side-lying hip and core, advance quad set and stretching 6-8 weeks: Addition of heel raises, total gym (closed chain), gait normalization, eccentric quads, eccentric hamstrings Advance core, glutes and pelvic stability
PHASE III 8-12 weeks	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes Begin stationary bike when able
PHASE IV 12-24 weeks	Full	None	Full	Progress Phase III exercises and functional activities: walking lunges, planks, bridges, swiss ball, half-bosu exercises Advance core/glutes and balance
PHASE V 6-9 months	Full	None	Full	Advance all activity w/o impact such as running, jumping, pivoting, sports until cleared by MD Return to play 6-9 months