



## High Tibial Osteotomy Protocol

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> 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.	0-1 week: Gentle passive ROM and heel slides 0-90° then progress to full	Heel slides, quad sets, patellar mobs, SLR, calf pumps at home
<b>PHASE II</b> 2-6 weeks	2-6 weeks: FFWB in brace	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	Progress non-weight bearing flexibility, modalities Begin floor-based core and glutes exercises Advance quad sets, patellar mobs, and SLR
<b>PHASE III</b> 6-8 weeks	Advance 25% weekly and progress to full with normalized gait pattern	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
<b>PHASE IV</b> 8-16 weeks	Full	None	Full	Progress flexibility/strengthening, progression of functional balance, core, glutes program Advance bike, add elliptical at 12 weeks as tolerated Swimming okay at 12 weeks
<b>PHASE V</b> 16-24 weeks	Full	None	Full	Advance Phase IV activity  Progress to functional training, including impact activity after 20 weeks when cleared by MD