



High Tibial Osteotomy Protocol

Dr. Sexton

	WEIGHT BEARING STATUS	BRACE	ROM	EXERCISES
Phase I 0-2 weeks	Heel touch WB ONLY	TROM Brace; Locked in FULL EXTENSION for sleeping and all activity. Off for hygiene	0-90° while NWB	Quad Sets, SLR, Calf pumps, Modalities, Patellar Mobilizations. NMES for quad activation.
Phase II 2-6 weeks	Heel touch WB ONLY	Brace 0-90° daytime and activities Off at night	Maintain full extension and progress flexion to full	Progress NON -weightbearing flexibility and modalities. Begin floor based core and glutes exercises. Advance quad sets, patellar mobilizations, and SLR.
Phase III 6-8 weeks	Advance WB 25% weekly and progress to normalized gait pattern	Brace Discontinued	Full ROM	Advance closed chain quads, progress balance, core/pelvic and stability work. Begin stationary bike at 6wks. Advance SLR, floor-based exercise; hip/core.
Phase IV 8-16 weeks	Full WB	Brace discontinued	Full ROM	Progress flexibility & strengthening, progression of functional balance, core, glutes program. Advance bike, add elliptical at 12 wks post-op, as tolerated. Swimming okay at 12 wks.
Phase V 16-24 weeks	Full WB	Brace discontinued	Full ROM	Advance flexibility, strengthening, progression of functional balance, core, and glutes. Add impact activity after week 20 post-op.