

PHYSICAL THERAPY PROTOCOL: High Tibial Osteotomy

Name: _____

Date of Surgery: _____

Diagnosis: _____

Signed: _____

Frequency: 2-3 times per week x 12 weeks

Phase 1 → 0-2 Weeks Post-Op

Weight Bearing:

- Heel touch weight bearing with brace on

Brace:

- On at all times, day and night, off for shower and exercises only

Range of Motion:

- 0 to 90 degrees at home

Exercises:

- Calf pumps, quad sets, SLR in brace, modalities per PT discretion

Phase 2 → 2-6 Weeks Post-Op

- Heel touch weight bearing with brace
- Open from 0 to 90 degrees and wear until 6 weeks
- Progress flexion as tolerated until full ROM

Exercises:

- Progress non-weight bearing flexibility, modalities per PT discretion
- Begin floor based core and glute exercises, advance quad sets, patellar mobility, and SLR

Phase 3 → 6-8 Weeks Post-Op

-d/c brace

Weight Bearing:

- Advance 25% each week until full weight bearing and normalized gait pattern

Exercises:

- Advance closed chain quads, progress balance, core/pelvic and stability work
- Start stationary bike at 6 weeks, advance SLR and floor based exercises

Phase 4 → 8 Weeks-4 Months Post-Op

- Full weight bearing/as tolerated

Exercises:

- Progress flexibility/strengthening, progression of functional balance, core, and glutes program
- Advance bike, add elliptical at 12 weeks as tolerated, may swim at 12 weeks

Phase 5 → 4-6 Months Post-Op

Exercises:

- Advance Phase 4 activities
- Progress to functional training, including impact activity after 20 wks when cleared by MD