

**Dr. Craig Chike Akoh, MD**  
**HTO (HIGH TIBIAL OSTEOTOMY)**  
**REHABILITATION PROTOCOL**

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