

## High Tibial Osteotomy (HTO)

Dr. Austin Crow  
 Chippewa Valley Orthopedics & Sports Medicine  
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 Altoona, WI 54720                      Chippewa Falls, WI 54729

Patient \_\_\_\_\_  
 DOS \_\_\_\_\_

	Weeks 1-2	Weeks 3-4	Weeks 5-6	Weeks 7-8	Weeks 9-12	4+ Months
Weight Bearing	0% to toe touch	25%	50-75%	75-100%	100% discontinue crutches with normal gait	
Brace	Yes				Discontinue brace	
PROM	Full					
AROM	0-110°	0-135°	Full			
Exercises	Patellar Mobs	Continue as previous	Continue as previous	Continue as previous	Continue as previous	Continue as previous
*Control swelling/inflammation	Ham, calf, quad stretching	Seated heel/toe raises	Standing heel raises	Advance to multi-hip machine	Step Ups Front/Lateral	*Refer to advanced ACL protocol
*Educate on rehab progression	Ankle Pumps	Sportcord/Overball	Mini Squats	Hamstring curls	Step Downs	
	Quad Sets	Total Gym	Wall sits	LAQ	DL→SL Balance	
	SLR	Clamshells	Leg Press	Bridge/Core strengthening	Stair climber	
	Heelslides	Sidelying Abd/Add	Stationary bike		Elliptical	
	Modalities as needed	Prone extension	Aquatics		Jogging/Running in straight line	
		UBE				

Any Questions? Please contact: **Northwoods Therapy Associates**  
 Altoona, WI    Chippewa Falls, WI  
 (715) 839-9266    (715) 723-5060

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