

HTO (HIGH TIBIAL OSTEOTOMY)/DFO (Distal Femoral Osteotomy) REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> 0-2 weeks	Heel touch only*	On at all times during day and while sleeping Off for hygiene	0-90 at home	Calf pumps, quad sets SLR in brace, modalities
<i>PHASE II</i> 2-4 weeks	Heel touch only	Off at night Open 0-90 and worn daytime only until 6 weeks	Maintain full extension and progress flexion to full	Progress non-weight bearing flexibility, modalities Begin floor-based core and glutes exercises Advance quad sets, patellar mobs, and SLR
<i>PHASE III</i> 4 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 Begin stationary bike at 6 weeks Advance SLR, floor-based exercise; hip/core
<i>PHASE IV</i> 8-16 weeks	Full	None	Full	Progress flexibility/strengthening, progression of functional balance, core, glutes program Advance bike, add elliptical at 12 wks as tolerated Swimming okay at 12 wks
<i>PHASE V</i> 16-24 wks	Full	None	Full	Advance Phase IV activity Progress to functional training, including impact activity after 20 wks when cleared by MD