



Sports Medicine, Joint Preservation & Cartilage Restoration

Kelechi R. Okoroha, MD

HIP, KNEE, SHOULDER, ELBOW

Henry Ford Health System
 690 Amsterdam St., Detroit MI
 48202 Ph: 313-972-4216
www.KelechiOkorohaMD.com

HTO (HIGH TIBIAL OSTEOTOMY)

Rehab Protocol

| | WEIGHT BEARING | BRACE | ROM | EXERCISES |
|---------------------------------------|--|--|--|---|
| PHASE 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 |
| PHASE II 2-6 weeks | Heel touch only | Off at night Open 0-90 and worn daytime only until 6 wks | 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 |
| PHASE III 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 Begin stationary bike at 6 weeks Advance SLR, floor-based exercise; hip/core |
| PHASE IV 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 |
| PHASE V 16-24 wks | Full | None | Full | Advance Phase IV activity Progress to functional training, including impact activity after 20 wks when cleared by MD |

*WB status to be confirmed on patient's specific PT Rx

**Brace may be removed for sleeping after first post-operative visit (day 7-10)



OkorohaPA@gmail.com



37000 Woodward Ave., Ste.300, Bloomfield Hills, MI 248-952-9200

14500 Hall Rd., Sterling Hgts. MI 48313 586-247-3714



Secretary
313-651-1926

Other Locations