IU Health Physicians Orthopedics & Sports Medicine

HIGH TIBIAL OSTEOTOMY (HTO)

PHYSICAL THERAPY PROTOCOL

Bryan M. Saltzman, M.D.
Chief, Division of Sports Medicine & Shoulder/Elbow Surgery
Indiana University Health Physicians
Assistant Professor of Orthopaedic Surgery, Indiana University
Sports Medicine, Cartilage Restoration, Shoulder/Elbow Surgery
IU Health Methodist Medical Plaza North (MSK) – 201 Pennsylvania Pkwy #100, Carmel, IN 46280
IU Health Methodist Hospital – 1801 N Senate Ave, Indianapolis, IN 46202
317-944-9400
www.bryansaltzmanmd.com

Patient Name: _____   **Date of Surgery:** _____

____ **Evaluate and Treat**   ____ **Provide patient with home program**

Frequency: _____ **x/week   x** _____ **weeks**

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	Non-weight bearing*	On at all times during day and while sleeping**	0-90° at home	Calf pumps, quad sets SLR in brace, modalities

		Off for hygiene		
PHASE II 2-6 weeks	Non-WB	On at night Open 0-90 and worn daytime 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)

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient __ would __would not benefit from social services.

_____   **Date:**_____

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