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**PATIENT NAME:**

**PROCEDURE:**

**DATE OF SURGERY:**

**PHYSICAL THERAPY PROTOCOL – High Tibial Osteotomy**

Phase I: 0-6 weeks

- Edema and pain control
- Weight bearing status: NWB with brace locked in extension and crutches (ok for heel touch)
- ROM: Progress as tolerated
- Brace: locked in extension during ambulation and sleeping
- Exercises:
  - o straight leg raises, calf pumps, patella mobs, PROM/AROM as tolerated, side lying hip/core

Phase II: 6-12 weeks

- Weight Bearing Status:
  - o 6 weeks: 25% WB and then progress 25% each week thereafter
- ROM: full active range of motion
- Brace: unlocked
- Exercises: Advance Phase I exercises + glut sets, front/side planks

Phase III: 3-6 mo

- WB status: full
- ROM: full
- Brace: wean out
- Exercise: Phase II + close chain quads, hamstring curls, step-ups, mini-squats, proprioception exercises

Phase IV: 6-12 months

- WB status: full
- ROM: full
- Brace: none
- Exercise: Phase III + advance to open chain exercises, gradual return to sports when cleared by MD