Dr. Nate Stewart, Dr. Jose Padilla

HTO REHAB PROTOCOL

Chippewa Valley Orthopedics & Sports Medicine
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Patient:_	
D.O.S	

WEEK 0 Begins DOS	WEEK 1-3	WEEK 4-5	WEEK 6-7	WEEK 8-10	WEEK 11-12		
NWB	TTWB	25%	50%	75% Progress to 100% with 2 crutches	100%		
0/0	Week 2 Week 3 0/0 0/50	0/60	0/70	Increase brace flexion settings weekly as appropriate per patient. D/C brace per MD			
0-50	0-60	0-80	Increase each w	ncrease each week until full PROM			
0-50	0-60	0-75	Increase each w	Increase each week until full AROM			
NONE	1-2	2-3	2-3	2-3	2-3		
NO	W/O Brace		Sleep w/o brace				
QUAD SETS							
SLR's with bra	X's with brace without brace						
Ankle pumps	Patellar mobilizations						
Heel slides	Progress to wall	wall slides as needed					
			ing and prone), add	resistance proximal to knee			
NOTE:							
		·					
		·					
*PT visits/wk may vary. *Weight bearing may be progressed as				Total Gym per WB guidelines			
				es			
per MD, based on x-ray *FOLLOW MD's INSTRUCTIONS. *Return to work/recreational activities by Avoid high in				Step ups, front and lateral			
				Balance and proprioception. Dynamic Balance			
			id high impact exerc	mpact exercise. Low impact exercise as tolerated. Avoid pain and			
MD only.			• .	ine. Maintain proper hip and knee alignmen	-		
	NWB 0/0 0-50 0-50 NONE NO QUAD SETS SLR's with brack Ankle pumps Heel slides NOTE: *PT visits/wk *Weight beariper MD, based *FOLLOW MD*	NWB TTWB O/O Week 2 Week 3 O/O O/50 O-50 O-60 NONE 1-2 NO W/O Brace QUAD SETS SLR's with brace Ankle pumps Patellar mobilizated Heel slides Progress to wall Hip Strengthening NOTE: *PT visits/wk may vary. *Weight bearing may be progreper MD, based on x-ray *FOLLOW MD's INSTRUCTIONS.	NWB TTWB 25% O/O Week 2 Week 3 0/60 O-50 O-60 O-80 O-50 O-60 O-75 NONE 1-2 2-3 NO W/O Brace QUAD SETS SLR's with brace Ankle pumps Patellar mobilizations Heel slides Progress to wall slides as needed Hip Strengthening (supine, side ly Seated swiss bal CKC quad ex (as BAPS partial WB-Stationary Bike (*PT visits/wk may vary. *Weight bearing may be progressed as per MD, based on x-ray *FOLLOW MD's INSTRUCTIONS.	NWB TTWB 25% 50% O/O Week 2 Week 3 0/60 0/70 O-50 0-60 0-80 Increase each w O-50 0-60 0-75 Increase each w NONE 1-2 2-3 2-3 NO W/O Brace Sleep w/o brace QUAD SETS SLR's with brace Ankle pumps Patellar mobilizations Heel slides Progress to wall slides as needed Hip Strengthening (supine, side lying and prone), add CKC quad ex (as per WB guidelines) BAPS partial WB	NWB		