

Recovering after High Tibial Osteotomy (HTO)

How do I control pain after surgery?

- For the first 24 hours after surgery, take your pain medication as prescribed. As your pain decreases, take your medication less often.
- Swelling is normal after surgery. **Ice, elevation and rest will help manage your swelling.**
- Ice as much as possible for the first few days following surgery. Ice after performing your exercises to help control pain and swelling.
- Elevate your leg on pillows when sitting or lying down. Place the pillows **lengthwise** under your calf/knee so that your knee remains straight.

Will I be able to walk after surgery?

- Unless instructed differently by your surgeon, you will be able to “toe touch” weight bear in a tracker (hinged brace) locked straight for 2 weeks. Crutches are required to protect the HTO. **Remember to bring crutches to the hospital with you.**
- As your physiotherapist and surgeon advise, you may progress from toe touch to full weight bearing with the use of a gait aid.

When do I start exercises after surgery?

- Your exercises are an important part of your recovery. A physiotherapist will teach you the exercises in the hospital, the morning after surgery, continue to do them consistently 3-4 times/day. Do each exercise within your pain tolerance.
- Post Operative Exercises can be found on the MHA website here: <https://mhalliance.on.ca/service/orthopaedics/>

When can I drive after surgery?

- Please confirm with your surgeon when you are allowed to drive.
 - Right leg – you will not be able to drive for **6-9 weeks** post-op. Your surgeon will discuss your ability to drive at your 6 week follow-up
 - Left leg – you will not be able to drive for a **minimum of 2 weeks**.

When can I return to work/sport after surgery?

- Return to work depends on your occupation. Your surgeon and physiotherapist can advise you on safe return to work.
- On average, patients return to sedentary **work** in 3 months and **sports** 6-12 months

Will I need physiotherapy?

- Your surgeon will provide you with a referral for physiotherapy. Physiotherapy is **STRONGLY** recommended to guide your rehabilitation.
- Rehabilitation follows the protocol available at: <http://fowlerkennedy.com/wp-content/uploads/2015/11/HIGH-TIBIAL-OSTEOTOMY-HTO-PROTOCOL-November-2015.pdf>
- You may choose to go to any physiotherapy clinic you wish. Physiotherapy is available at no charge to you at -
 - Strathroy Middlesex General Hospital: 519-246-5901
 - Four Counties Health Services (Newbury): 519-693-6501