

## Rehabilitation Protocol: Distal Femoral Osteotomy

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

**Phase I (Weeks 0-6)**

- **Weight Bearing and Range of Motion**
  - Non-weight bearing with crutches
  - ROM: As tolerated –CPM for 2 hours, 3x daily, from 0-30° of flexion out of brace
- **Brace Use**
  - Locked in full extension at all times other than PT
- **Therapeutic Elements** (No closed chain exercises until 6 weeks post-op)
  - Heel Slides 0-90°
  - Quad Sets
  - Ankle Pumps
  - Calf/Hamstring Stretches (Non-Weight bearing position)
  - Seated Leg Raise with brace locked in full extension
  - Resisted Plantarflexion

**Phase II (Weeks 6-8)**

- **Weight Bearing and Range of Motion**
  - As tolerated with crutches - begin to advance to a normalized gait pattern without crutches
- **Brace Use**
  - Unlocked for ambulation
  - Remove for sleeping
  - Discontinue CPM if knee flexion is at least 90°
- **Therapeutic Elements**
  - Continue above
  - SLR without brace if able to maintain full extension
  - Initiate stationary bike with low resistance

**Phase III (Weeks 8-3 months)**

- **Weight Bearing and Range of Motion**
  - Full weight bearing
  - Discontinue crutches when normal gait
- **Brace Use**
  - Discontinue use - per physician
- **Therapeutic Elements**
  - Continue above
  - Mini-squats 0-45° progressing to Step-ups and Leg Press 0-60°
  - Closed chain terminal knee extensions
  - Toe raises
  - Balance activities
  - Hamstring curls

**Phase IV (3-9 months)**

• **Weight Bearing and Range of Motion**

- Full
- Pain-free

• **Brace Use**

- None

• **Therapeutic Elements**

- Continue above with increased resistance
- Progress closed chain activities
- Begin treadmill walking, swimming, and sport-specific activities

**Comments:**

**Frequency:** \_\_\_\_\_ times per week

**Duration:** \_\_\_\_\_ weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_