



DISTAL FEMORAL OSTEOTOMY POST-OPERATIVE PROTOCOL

PHASE I – MAXIMUM PROTECTION:

WEEKS 0-1:

- Ice and modalities to reduce pain and inflammation
- Use crutches non-weight bearing for at least 6 weeks; progress off crutches as instructed by physician
- Hinged knee brace will be opened to full range of motion at first office visit with the physician
- Elevate the knee above the heart for the first 3 to 5 days
- Exercises:
 - Initiate patella mobility drills
 - Begin full passive/active knee range of motion exercises
 - Quadriceps setting focusing on VMO restoration
 - Multi-plane open kinetic chain straight leg raising
 - Gait training with crutches (NWB)

PHASE II – PROGRESSIVE STRETCHING AND EARLY STRENGTHENING:

WEEKS 1-6:

- Maintain program as outlined in week 0 to 1
- Continue non-weightbearing with crutches until week 6
- Brace: to be worn at all times while ambulating
- Continue with modalities to control inflammation
- Initiate global lower extremity stretching program
- Exercises:
 - Begin stationary bike and pool exercise program (when incisions healed)
 - Implement reintegration exercises emphasizing core stability
 - Closed kinetic chain multi-plane hip strengthening on uninvolved side
 - Manual lower extremity PNF patterns
 - Multi-plane ankle strengthening

PHASE III – STRENGTHENING AND PROPRIOCEPTIVE PHASE:

WEEKS 6-8:

- Modalities as needed
- Continue with Phase II exercises as indicated.
- Initiate partial weightbearing at week 6. Increase by 25% of body weight every 3 days as tolerated.
- Wean off crutches to full weightbearing by end of week 8.

WEEKS 8-12:

- Normalize gait pattern
- Advance stationary bike program; begin treadmill walking and elliptical trainer; avoid running and impact activity



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- Initiate closed kinetic chain exercises progressing bilateral to unilateral
- Initiate proprioception training

PHASE IV – ADVANCED STRENGTHENING:

WEEKS 12-16:

- Initiate gym strengthening-beginning bilateral progressing to unilateral
 - Leg press, heel raises, hamstring curls, squats, lunges, knee extensions (30° to 0° as tolerated).

WEEKS 16-24:

- Continue with advanced strengthening
- Begin functional cord program

PHASE V – RETURN TO SPORT/FUNCTIONAL PROGRAM

WEEK 24:

- Follow-up examination with physician
- Implement sport specific multi-directional drills
- Continue with lower extremity strengthening, cardiovascular training, and flexibility
- Sports test for return to play