



## **Post-Operative Rehabilitation for Distal Femoral Osteotomy**

### **Phase I: Weeks 0-2**

- Heel Touch Weight Bearing
- Brace: At all times, including sleep. May remove for showering.
- ROM:
  - Goal is symmetric extension (including hyperextension)
  - Flexion 0-90°
- Exercises
  - Quad sets, SLR in brace, ankle pumps, heel props, calf stretching

### **Phase II: Weeks 2-6**

- Heel Touch Weight Bearing
- Brace: At all times during the day, open 0-90°. May remove for sleep and shower.
- ROM:
  - Maintain symmetric extension
  - Progress flexion to full
- Exercises:
  - Progress non-weight bearing flexibility, modalities PRN
  - Progress quad sets, SLR, patellar mobs
  - Begin Core/glute exercises (floor based)

### **Phase III: 6-8 weeks**

- Weight bearing:
  - Advance 25% weekly to full
- Maintain full ROM
- Exercises:
  - Progress closed chain quad exercises, SLR, floor based exercises, progress balance training
  - Maintain core/glute/hip strength (floor based)
  - Begin Stationary bike at 6 weeks
  - Gait training as WB advances

### **Phase IV: 8-16 weeks**

- Full Weight bearing
- Maintain full ROM
- Exercises:
  - Progress strength/flexibility and functional balance
  - Continue to maintain core/hip/glute strength
  - Progress stationary bike, may add elliptical and swimming at 12 week

**Phase V: 16-24 weeks:**

- Exercises:
  - Advance Phase IV exercises
  - Progress to impact activity after 20 weeks AND MD CLEARANCE