

**DISTAL FEMORAL OSTEOTOMY
REHABILITATION PROTOCOL**

	WEIGHT BEARING	BRACE	THERAPEUTIC EXERCISE
PHASE 1 0-6 Weeks	<p>0-2 wks: heel touch weight bearing (20%)</p> <p>2-4 wks:WB stays at 20%</p> <p>4-6 wks: As per MD instructions advance WB 20% per week to FWB with brace unlocked</p>	<p>0-2 wks: locked in full extension for all activities including sleep (remove for exercise/hygiene)</p> <p>2-4 wks: unlock brace</p> <p>6 wks: wean from brace</p>	<p>Heel Slides 0-90° quad sets, ankle pumps calf/ hamstring stretching resisted plantar/ dorsiflexion</p>
PHASE 2 6-8 weeks	<p>As tolerated with crutches-begin to advance to a normal gait pattern without crutches</p>	<p>Discontinue use per MD instruction</p>	<p>Progress exercises in phase 1, SLR without brace if able to maintain full extension, initiate stationary bike with low resistance</p>
PHASE 3 8 weeks- 3 months	<p>Full with a normalized gait pattern</p>	<p>None</p>	<p>Mini-squats 0-45° progressing to step-ups, leg press 0-60° closed chain terminal knee extensions, toe raises, balance exercises hamstring curls, increase bike resistance</p>
PHASE 4 3-9 months	<p>Full</p>	<p>None</p>	<p>Progress close chain activities, begin treadmill walking, swimming, and sports-specific activities</p>

* No closed chain kinetic exercises until six weeks post op

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