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DISTAL FEMORAL OSTEOTOMY POSTOPERATIVE REHABILITATION PROTOCOL

Phase I (Weeks 0-6): TTWB, PROM Only

- **Weight Bearing and Range of Motion**
 - Toe-Touch weight bearing with crutches
 - Passive ROM: As tolerated
 - No AROM
 - **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
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Phase II (Weeks 6-8): WBAT, ROM as Tolerated

- **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
 - **Therapeutic Elements**
 - Continue above
 - SLR without brace if able to maintain full extension
 - Initiate stationary bike with low resistance
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Phase III (Weeks 8-3 months): Gradual strengthening and Return to Activity

- **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): Gradual Return to Sports

- **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
- **Return to Sports:** Progress to functional training, including impact activity after **20 wks** when cleared by MD