

Physical Therapy Prescription

DISTAL FEMORAL OSTEOTOMY REHABILITATION PROTOCOL				
TIME PERIOD	WEIGHT BEARING	RANGE OF MOTION	BRACE	EXERCISES
0-6 weeks	Touch toe weight bearing	Begin 0-90° flexion.	First 2 weeks: Brace in full extension except when doing motion exercises. May unlock hinged knee brace at 2 weeks during day but lock in full extension at night.	Heel slides, quad sets, straight leg raises. Hamstring and calf stretching.
6-10 weeks	Partial weight bearing with progression to full weight bearing as tolerated	Increase as tolerated	Continue to wear brace, but it can be unlocked.	Continue previous exercises. May use stationary bike without resistance.
10-12 weeks	Full weight bearing. Use one crutch if walking with limp.	Work towards full range of motion.	None	Continue previous exercises. Add mini squats. May do stationary bike with increased resistance. Swimming okay.
3-6 months	Full weight bearing.	Full range of motion	None	Treadmill/walking program. Continue to increase activities as tolerated.

*****Begin Physical Therapy 3-5 days post-op**

<p>Dane Todd, MD Questions please call: # 402-488-3322 Fax: 402-488-3336</p> <p>Patient Name: _____</p> <p>Surgery Date: _____</p> <p>Side (Circled): Right Left</p> <p>Physical therapy to evaluate and treat for post op Distal Femoral Osteotomy using the above protocol. 1-2x per week for 12 weeks.</p> <p>Notes: _____</p> <p>MD signature:</p>
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