



## DFO (DISTAL FEMORAL OSTEOTOMY) REHABILITATION PROTOCOL

|                                       | WEIGHT BEARING   | BRACE  | ROM  | EXERCISES   |
|---------------------------------------|--|--|--|---|
| <b>PHASE I</b><br>0-2 weeks           | Heel touch only*   | On at all times during day and while sleeping**<br>Off for hygiene | 0-90° at home  | Calf pumps, quad sets<br>SLR in brace, modalities   |
| <b>PHASE II</b> 2-6 weeks             | Heel touch only  | Off at night<br><br>Open 0-90 and worn daytime only                | Maintain full extension and progress flexion to full | Progress non-weight bearing flexibility; modalities<br><br>Begin floor-based core and glutes exercises<br><br>Advance quad sets, pat mobs, and SLR                                    |
| <b>PHASE III</b><br>6 weeks - 8 weeks | Advance 25% weekly and progress to full with normalized gait pattern | None   | Full   | Advance closed chain quads, progress balance, core/pelvic and stability work<br><br>Begin stationary bike at 6 weeks<br><br>Advance SLR, floor-based exercise                         |
| <b>PHASE IV</b><br>8-16 weeks         | Full   | None   | Full   | Progress flexibility/strengthening, progression of functional balance, core, glutes program<br><br>Advance bike, add elliptical at 12 wks as tolerated<br><br>Swimming okay at 12 wks |
| <b>PHASE V</b><br>16-24 wks           | Full   | None   | Full   | Advance Phase IV activity<br><br>Progress to functional training, including impact activity after 20 wks when cleared by MD   |

\*Unless otherwise specified

\*\*Brace may be removed for sleeping after first post-operative visit (day 7-10)