

# Ascension Borgess Orthopedics & Sports Medicine

## Postop Rehabilitation

### Distal Femoral Osteotomy

#### Phase I (0-6 weeks)

**Weight Bearing:** With crutches, toe-touch WB.

**Range of Motion:** 0-90d. Bumped-heel knee extension 10min, 3 x / day.

**Brace:** 0-90d. Off for sleeping after 2 wks.

**Exercises:** SLR. Short arc quads. Core. Hip abductors.

#### Phase II (6-12 weeks)

**Weight Bearing:** Progress 25% weekly to full as tolerated

**Range of Motion:** Full. Extension stretching.

**Brace:** None

**Exercises:** Closed chain quads. Hamstring curls. Step-ups. Core. Balance. Hip Abductors. Toe raises. Stationary bike, low resistance.

#### Phase III (3-5 months)

**Weight Bearing:** Full

**Range of Motion:** Full

**Brace:** None

**Exercises:** Advance closed chain quads. Proprioception. Core. Hip abductors. Toe raises. Plyometrics. Sport-specific drills. Bike. Elliptical.

#### Phase IV (5-12 months)

**Weight Bearing:** Full

**Range of Motion:** Full

**Brace:** None

**Exercises:** Core. Hip abductors. Quad strengthening. Plyometrics. Sport-specific drills. Progress elliptical to running. Return to full impact activity as tolerated after 6 months.