



Distal Femoral Osteotomy Rehabilitation Program

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Diagnosis: Right / Left Distal Femoral Osteotomy _____

Date of Surgery: _____

Weeks 0-8 (Phase I):

- »» Weightbearing
 - 0-4 weeks: Toe-touch weight bearing (TTWB)
 - 4-8 weeks: Progress WB slowly 25% per week with crutches if ok per Dr. Nuelle
- »» Brace/ROM
 - 0-2 weeks: Brace locked in full extension for all activities (remove for hygiene)
 - 2-4 weeks: Unlock brace, progress ROM as tolerated
 - 6-8 weeks: wean out of brace when full WB
- »» Exercise
 - 0-6 weeks: Quad sets, patellar mobs, SLRs, ankle pumps, resisted ankle movements
 - 6-8 weeks: Progress exercises, SLR w/o brace if able, Stationary bike

Weeks 8-12 (Phase II):

- »» Full WB and full gait normalized gait pattern without crutches
- »» No brace
- »» Mini squats 0-45° progressing to step-ups
- »» Leg press 0-60°
- »» Closed chain terminal knee extensions, toes raises, balance exercises
- »» Hamstring curls, increase bike resistance

Months 3-9 (Phase III):

- »» Full WB with normalized gait pattern
- »» Progress Phase II exercises
- »» Begin treadmill walking, swimming
- »» Progress to sport-specific activities

For more information please visit: www.tsaog.com/drnuelle