Distal Femoral Osteotomy

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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