

Distal Femur Osteotomy Protocol

PHASE I - 0 to 6 weeks:

- Strict TDWB with crutches
- Brace locked in extension
- May remove brace for ROM/hygiene
- Unlimited ROM as tolerated (passive, active assist)
- Quad sets, co-contraction, ankle pumps

PHASE II - 6 to 12 weeks:

- Advance PWB (50%) weeks 6 to 8
- May advance WBAT after week 8
- Unlock brace, discontinue crutches when quad function adequate
- May wean from brace after 8 weeks as tolerated
- Full unlimited active/passive ROM; advance as tolerated
- Continue SLR, quad sets; advance to light open chain exercises, mini-squats
- Begin hamstring strength on week 10

PHASE III - 12 to 16 weeks:

- Full gait with normalized pattern
- Full ROM
- Begin treadmill walking
- Progress to balance/proprioception exercises
- Initiate sport specific drills

PHASE IV - 16+:

- Advance closed chain exercises
- Focus on single leg strength
- Begin light plyometric program
- Emphasize single leg loading