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POST-OPERATIVE REHABILITATION PROTOCOL

Distal Femoral Osteotomy (DFO)

Phase I 0-2 WEEKS

- **Weight bearing:** Heel touch only*
- **Brace:** On at all times during day and while sleeping**; off for hygiene
- **ROM:** 0-90° at home
- **Exercises:** Calf pumps, quad sets; SLR in brace, modalities

GOALS WB & motion per protocol

Phase II 2-6 WEEKS

- **Weight bearing:** Heel touch only
- **Brace:** Off at night; open 0-90 and worn daytime only
- **ROM:** Maintain full extension and progress flexion to full

EXERCISES

- Progress non-weight bearing flexibility; modalities; begin floor-based core and glutes exercises
- Advance quad sets, pat mobs, and SLR

GOALS Normalize gait

Phase III 6-8 WEEKS

- **Weight bearing:** Advance 25% weekly and progress to full with normalized gait pattern
- **Brace:** None
- **ROM:** Full

EXERCISES

- Advance closed chain quads, progress balance, core/pelvic and stability work; begin stationary bike at 6 weeks
- Advance SLR, floor-based exercise

GOALS Full ROM

Phase IV 8-16 WEEKS

- **Weight bearing:** Full
- **Brace:** None
- **ROM:** Full



EXERCISES

- Progress flexibility/strengthening, progression of functional balance, core, glutes program
- Advance bike, add elliptical at 12 wks as tolerated; swimming okay at 12 wks

GOALS Graduated impact

Phase V 16–24 WEEKS

- **Weight bearing:** Full
- **Brace:** None
- **ROM:** Full
- **Exercises:** Advance Phase IV activity
- Progress to functional training, including impact activity after 20 wks when cleared by MD

GOALS Back on the field

Return to Sport & Discharge Criteria

- Full ROM with no extensor lag; no effusion
- Quad strength $\geq 90\%$; hop symmetry $\geq 90\%$ where sport demands
- Return to sport when cleared by Dr. Kelly

**WB status to be confirmed on patient's specific PT Rx*

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

Time frames are guidelines — progress when phase goals are met, per Dr. Kelly and the treating therapist.

