



KNEE DISTAL FEMUR OSTEOTOMY POST-OPERATIVE GUIDELINES

***If concomitant MPFL repair/reconstruction performed, use this protocol for WB/ROM guidelines.**

****If concomitant tibial tubercle osteotomy performed, use this protocol for WB guidelines, however, use TTO protocol for ROM / exercise guidelines.**

	WB / ROM	Brace	Exercises
Phase I 0 – 4 weeks	WB Weeks 0-2: NWB Weeks 2-4: 20 lb. FFWB ROM: 0 – 90° Progress if able weeks 3-4	Locked in extension for ambulation, unlocked for sleep and exercises	Modalities as needed Quad sets, SLR, quad e-stim, hip adduction, patellar mobilization, gastroc/soleus stretch (NWB)
Phase II 4 – 6 weeks	20 lb. FFWB with crutches ROM: full A/PROM	Continue brace at all times, unlocked	Quad sets, SLR, patellar mobilization, gastroc/soleus stretch (20 lb. FFWB) Stationary bike Proprioception training
Phase III 6 – 8 weeks	Progress to WBAT Full ROM	D/c brace when ambulating with nonantalgic gait	Closed chain strengthening Stationary bike → elliptical Proprioception training
Phase IV 8 – 16 weeks	WBAT, full ROM	None	Advance closed chain strengthening, proprioceptive training Running in-line at 12 weeks
Phase V 4 – 6 months	WBAT, full ROM	None	Advance strengthening, proprioception training Sport-specific drills, return to sport when > 85% isokinetic strength compared to contralateral LE