

# DFO (Distal Femoral Osteotomy) REHAB PROTOCOL

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Patient: \_\_\_\_\_  
 D.O.S. \_\_\_\_\_

	WEEK 1 Begins DOS	WEEK 2-3	WEEK 4-5	WEEK 6-7	WEEK 8-10	WEEK 11-12	MONTH 4-6
<b>Weight Bearing</b> ****	NWB	TTWB	Week 4 TTWB Week 5 10%	Week 6 10% Week 7 25%	50%	75% Progress to 100% with 2 crutches.	100%
<b>Brace Settings</b>	JD 10/10 TB 0/0	Week 2    Week 3 JD 10/10 10/30 TB 0/0    0/30	JD 10/50 TB 0/50	0/60	Increase brace flexion settings weekly as appropriate per patient. D/C brace per MD.		
<b>PROM GOALS</b>	0-30	0-40	0-60	Increase 10-15° each week until full PROM			
<b>AROM GOALS</b>	0-30	0-40	0-60	Increase 10-15° each week until full AROM			
<b>PT visits/week</b>	NONE	1-2	1-2	2-3	2-3	2-3	2-3
<b>SHOWER</b>	NO	W/O Brace			Sleep w/o brace		
<b>*Follow all weight-bearing &amp; ROM precautions*</b>  <b>EXERCISES</b>	<b>QUAD SETS</b>						
	SLR's with brace (typically able at 2 wks with assist) → without brace						
	Heel slides.....add supine wall slides			Active prone hamstring curls		Resisted hamstring exercise	
	Ankle pumps	Patellar mobilizations					
	4-way SLR with brace			Hip isotonic/multihip with brace until 8 weeks (resistance point above knee)			
	Week 5 CKC quad ex TKE, (overball, sportscord, etc. as per WB guidelines)						
	Stationary Bike if 100° flexion ( per WB guidelines)						
	BAPS partial WB →					full WB →	
	Seated exercise ball per ROM and WB guidelines for PROM and proprioception						
						TOTAL GYM-PARTIAL SQUATS (per WB guidelines)	
	HEEL RAISES and SOLEUS						
						BALANCE AND PROPRIOCEPTION (per ROM and WB guidelines)	
						Treadmill single leg → both legs	
	STEP UPS						
	<p><b>NOTE:</b></p> <p>*PT visits/wk may vary.</p> <p>*Individual exercise progression may vary.</p> <p>*Return to work/recreational activities by MD only.</p> <p>* Protocol may change based on bone and graft fixation integrity.</p> <p>* FOLLOW SPECIFIC MD's INSTRUCTIONS.</p>						
****WEIGHT BEARING MAY BE PROGRESSED AS PER MD BASED ON INDIVIDUAL AND X-RAY****							
Reviewed September 2015							

**ANY QUESTIONS? PLEASE CONTACT:** NORTHWOODS THERAPY ASSOCIATES    Altoona, WI    715-839-9266  
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