

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
Weight Bearing ****	NWB	TTWB	Week 4 TTWB Week 5 10%	Week 6 10% Week 7 25%	50%	75% Progress to 100% with 2 crutches.	100%
Brace Settings	0/0	Week 2 0/0 Week 3 0/30	0/50	0/60	Increase brace flexion settings weekly as appropriate per patient. D/C brace per MD.		
PROM GOALS	0-30	0-40	0-60	Increase 10-15° each week until full PROM			
AROM GOALS	0-30	0-40	0-60	Increase 10-15° each week until full AROM			
PT visits/week	NONE	1-2	1-2	2-3	2-3	2-3	2-3
SHOWER	NO	W/O Brace			Sleep w/o brace		
Follow all weight-bearing & ROM precautions	EXERCISES						
	QUAD SETS						
	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/multi-hip 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						
	NOTE:					TOTAL GYM-PARTIAL SQUATS (per WB guidelines)	
	*PT visits/wk may vary.					HEEL RAISES and SOLEUS	
	*Individual exercise progression may vary.					BALANCE AND PROPRIOCEPTION (per ROM and WB guidelines)	
	*Return to work/recreational activities by MD only.					Treadmill single leg → both legs	
	* Protocol may change based on bone and graft fixation integrity.					STEP UPS	
* FOLLOW SPECIFIC MD's INSTRUCTIONS.							
****WEIGHT BEARING MAY BE PROGRESSED AS PER MD BASED ON INDIVIDUAL AND X-RAY****							
Reviewed November 2019							

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