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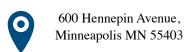
DFO (DISTAL FEMORAL OSTEOTOMY)

Rehab Protocol

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	Heel touch only*	On at all times during day and while sleeping**	0-90° at home	Calf pumps, quad sets SLR in brace, modalities
		Off for hygiene		
PHASE II 2-6 weeks	Heel touch only	Off at night	Maintain full extension and progress flexion to full	Progress non-weight bearing flexibility; modalities
		Open 0-90 and worn daytime only		Begin floor-based core and glutes exercises
				Advance quad sets, pat mobs, and SLR
PHASE III 6 weeks - 8 weeks	Advance 25% weekly and progress to full with normalized gait pattern	None	Full	Advance closed chain quads, progress balance, core/pelvic and stability work
				Begin stationary bike at 6 weeks
				Advance SLR, floor-based exercise
PHASE IV 8-16 weeks	Full	None	Full	Progress flexibility/strengthening, progression of functional balance, core, glutes program
				Advance bike, add elliptical at 12 wks as tolerated
				Swimming okay at 12 wks
PHASE V 16-24 wks	Full	None	Full	Advance Phase IV activity
				Progress to functional training, including impact activity after 20 wks when cleared by MD

^{*}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)