



# LATERAL DISTAL FEMORAL OSTEOTOMY REHAB PROTOCOL

## Orthopedic Research Clinic of Alaska

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## IMMEDIATE POST-OPERATIVE PHASE (0-4 WEEKS)

### PRECAUTIONS:

- NO NSAIDS
- Knee brace: locked at 0 degrees, worn 23/7
- NWB for 4 weeks
- Unlock the brace to 0-30 degrees once quad control and allowed WB
- CPM for 6 weeks (start with 0-45 degrees, progress 5 degrees per day), more flexion if defect is more posterior
- Avoid end-range flexion; target regaining extension
- Do not overload the graft
- May progress activities within phase if able to perform prior activities pain free

### GOALS:

- Edema control
- Pain control
- Early motion
- Protection of the cartilage
- Prevent contractures
- Regain VMO/Quad control
- No extension lag with SLR at 4 weeks
- ROM > 90 deg
- Wean off brace in 4 weeks if good quad control

### EXERCISES/ACTIVITIES:

#### *Pain/Edema Control*

- Elevation
- Manual lymphatic drainage/soft tissue mobilization
- Compression sleeve/TED hose
- High volt E-stim - High volt E-stim/SportsTX unit for home use
- Cool pack (caution regarding macerated wound)
- Rehab juice

### *Range of Motion, Motor Recruitment, & Strength*

- General ROM: heel slides
- Patella mobilization
- Suprapatellar recess TFM
- Stationary bike at 2 weeks, no resistance
- AAROM
- Quad, hamstring, calf sets with SLR
- Whirlpool as soon as wound heals
- Quad sets
- SLR 4 directions
- General conditioning
- Core strengthening
- Non-involved leg conditioning

### *Core Training*

- Core stabilization

### PHYSICIAN NOTIFICATION:

The physician will be notified if the patient:

1. Fails to meet goals for each phase
2. Presents with persistent joint effusion
3. Exhibits chronic regional pain syndrome symptoms
4. Drainage and/or wound breakdown
5. Infection
6. Deformity
7. Exhibits continued difficulty with ambulation
8. Develops other complications associated with osteotomy and fracture healing

### NOTES:

- Do not progress until cleared by MD (satisfactory radiographs)
- MD visits: 7-10 days to remove sutures/staples and 3-4 weeks for X-Rays
- Large defect repair will heal in 6 weeks
- Small defect repair will heal in 4 weeks

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# LATERAL DISTAL FEMORAL OSTEOTOMY REHAB PROTOCOL

CONTINUED

## LATE POST-OPERATIVE PHASE (4-8 WEEKS)

### PRECAUTIONS:

- NO NSAIDS
- Protect patellofemoral joint
- No strenuous activity
- D/C brace if independent SLR and good quad control
- Pacing
- May progress activities within phase if able to perform prior activities pain free

### GOALS:

- Normal strength
- Full ROM
- Normalized gait pattern with 2 crutches
- No edema
- Progressive WB, increased by 1/3 of body weight every 2 weeks

### EXERCISES/ACTIVITIES:

#### *Pain/Edema Control*

- Elevation
- Manual lymphatic drainage/soft tissue mobilization
- Compression sleeve/TED hose
- High volt E-stim - High volt E-stim/ SportsTX unit for home use
- Cool pack (caution regarding macerated wound)
- Rehab juice

#### *Range of Motion, Motor Recruitment, & Strength*

- Pool walking
- Stationary bike, low resistance
- Leg press 0-60 degrees, 30% body weight
- Toe raises with limited body weight
- Kinetic chain strengthening
- Multiple angle isometrics, CKC, bilateral, after 6 weeks
- Core strengthening
- General conditioning

### NOTES:

- Importance of rest - if patient is very diligent and is over doing it.

## EARLY REHABILITATION (8-12 WEEKS)

### PRECAUTIONS:

- NO NSAIDS
- No impact activities
- No contact sports
- May progress activities within phase if able to perform prior activities pain free

### GOALS:

- Able to walk
- Full WB
- Biking on level ground
- Full ROM

### EXERCISES/ACTIVITIES:

- Low weight (max 10-12 lbs) OKC leg extension and curl
- Stationary bike with increased resistance
- Unloaded treadmill (start with retro, progress to forward walking with slight incline)
- Gentle CKC strengthening
- Step-ups
- Leg press 0-60 degrees
- Balance
- Hamstring curls
- Kinetic chain strengthening
- Core strengthening
- OK to shoot baskets
- Sidestepping (toward end of time period)
- Rowing ergometer
- Short arc quads (0-40 degrees), CKC

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# LATERAL DISTAL FEMORAL OSTEOTOMY REHAB PROTOCOL

CONTINUED

## NOTES:

- Do not progress to next phase until cleared by MD

## LATE REHABILITATION (12-16 WEEKS)

### PRECAUTIONS:

- NO NSAIDS
- May progress activities within phase if able to perform prior activities pain free

### GOALS:

- Full WB
- Normalized gait

### EXERCISES/ACTIVITIES:

- Resisted OKC exercises with  $\leq 20$  lbs
- CKC strengthening, initiate single leg stance
- Cycling on level surfaces
- Treadmill (retro walking, forward walking, incline, level)
- Vigorous walking
- Light jogging at end of phase
- Ice skating with brace (no hockey yet)
- Cross country skiing (level)

## NOTES:

- Do not progress to next phase until cleared by MD

## SPORT SPECIFIC (4-8 MONTHS)

### PRECAUTIONS:

- NO NSAIDS UNTIL APPROVED BY MD
- No pivoting activities until cleared by MD
- May progress activities within phase if able to perform prior activities pain free

### GOALS:

- Return to competitive sports by 6-8 months, depending on the extent of the repair

### EXERCISES/ACTIVITIES:

- Sports-specific drills
- Rollerblading
- Mountain biking
- Running
- Participation in sports as per MD clearance

### KEY:

CKC = CLOSED KINETIC CHAIN  
OKC = OPEN KINETIC CHAIN