



Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

DISTAL FEMORAL OSTEOTOMY (DFO)

PHYSICAL THERAPY PROTOCOL

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Patient Name: _____ **Date of Surgery:** _____

____ **Evaluate and Treat** ____ **Provide patient with home program**

Frequency: _____ x/week x _____ weeks

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	Non-weight bearing*	On at all times during day and while sleeping** Off for hygiene	0-90° at home	Calf pumps, quad sets SLR in brace, modalities



PHASE II 2-6 weeks	Non-WB	On at night Open 0-90 and worn daytime	Maintain full extension and progress flexion to full	Progress non-weight bearing flexibility; modalities 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)

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient ___ would ___ would not benefit from social services.

Date: _____

Bryan M. Saltzman, MD