

## Distal Femoral Osteotomy

Name of Protocol/Regime	Consultant	Updated On	Updated By	Review Date
DFO	Mr Nita	Sept 2018	P.J.HAMPTON	Aug 2020

Please note that surgeons may have different post op instructions which must be adhered to

### Inpatients

#### On-Discharge

- Photocopy op. notes to attach to referral.
- Plan for D/C ,refer to outpatients and complete D/C summary.
- Refer to OT for ADL's as required.
- Ensure that the Patient has the initial exercise sheet as required.

### Outpatients – Operation notes must be attached

#### 0 – 6 weeks

##### Goals

Control pain

Control swelling

SLR without lag

AIM for 0 Degrees extension & 90 degrees knee flexion

Mobile patella

##### Therapy Guidelines

TTWB-PWB with EC,s

Hydrotherapy

#### 6-8 weeks

**Goals**

**Gait -Advance WB to full**

**(With or without EC,s)**

**Reduce pain control**

**Increase control SLR**

**Progress ROM knee flexion to accommodate Static Bike**

**Decrease swelling**

**Therapy Guidelines**

**Early proprioceptive training**

**Increase resistance bike**

**8-12 weeks**

**Goals**

**Normal gait**

**FROM Knee & Hip**

**Therapy Guidelines**

**Driving maybe commenced**

**12weeks- 6/12**

**Goals**

**Full strength**

**Return to functional activities**

**Therapy Guidelines**

**Open chain resisted exercises**

**Running**

**Cutting**

6/12 +

Therapy Guidelines

No restrictions

Goals

Return to sports specific activities (If appropriate)