

## Distal Femoral Osteotomy

Name of Protocol/Regime	Consultant	Updated On	Updated By	Review Date
DFO	DAWSON	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)**