

Distal Femoral Osteotomy (opening wedge)

Name: _____
 Dr: Dr. Chris LaPrade Date: _____

● = Do exercise for that week

Week

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Heel prop knee extension stretch	0°		Heel prop into hyperextension = other knee												
Ankle pumps & nerve glides	●	●	●	●	●	●									
Patella/Tendon mobilization	●	●	●	●	●	●	●	●							
Calf stretch with belt/strap	●	●	●	●	●	●	●	●							
Seated foot slides – knee ROM	●	●	●	●	●	●	●	●							
ROM Goals	Extension: Week 1: 0°, Week 2+: Symmetrical HE Flexion: Week 2: 90°, Week 6: 120°, Weeks 8-10: Full flexion ROM														
Knee extension ROM	0°		Heel prop into hyperextension = other knee												
Band resisted ankle strength		●	●	●	●	●	●	●	●						
Quad muscle ISOs	ISOs @ 0°		ISOs in flexion (foot on floor)				Multi-angle ISOs (foot unsupported = ok)								
Quad strength-additional training	SLR, resisted TKE		SAQ, light loads				LAQ		Resisted arc - PRE						
SLR hip ABD, ADD, Ext (brace on)	Standing (band above knees)							Side lying + resistance band							
Bridging	NO			KE/calves over exercise ball				Classic bridge progression							
Hamstring strength progressions	No HS			ISOs, hip-based				Knee-based, resisted arc PRE							
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Stationary Bike	No Bike						ROM only			Progressive intensity					
Swimming – flutter kick	NWB								●	●	●	●	●	●	
Treadmill walking (no limp)										●	●	●	●		
Elliptical trainer										●	●	●	●		
Stair stepper										●	●	●	●		
*NOTE FOR CARDIO	Must tolerate daily walking with no limp & no significant increase in pain/swelling prior to initiating WB cardio (walk, elliptical, stepper)														
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Crutch weaning – return to FWB	NWB x 8 weeks Initiate WB at week 8 Progress 25% BW per week x 4 weeks (MD will confirm bone healing prior to full WB @ week 12)							+25% BW/week							
Marching into brief SLS									●	●	●	●	●		
SLS balance progressions										●	●	●	●		
Squat/Leg Press (ISO→reps, 2→1 leg)								PWB→FWB 0-70° depth			>70° gradual				
Step-up/Lunge Progressions									ISOs		0-70°		>70°		
Straight leg dead lift (2→1 leg)										●	●	●	●		
Band resisted directional stepping											●	●	●		
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Agility: single → multi-planar	NWB												●	●	
Physical Performance (TRAC) Test	Baseline test: 6 months, F/u test: 12 months														
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Recreational activity progressions	NWB														●
Return to sport progressions															

****NMES & BFR permitted/encouraged per any underlying contraindications****

PRECAUTIONS	NO varus or valgus stress through limb (side lying hip ABD/ADD lifts) x 8 weeks, NO heavy torsional forces through femur (leg position on plinth/bench/chair) x 8 weeks, NO twisting, pivoting, aggressive directional movements x 6 months
ABBREVIATIONS	(BW) body weight, (FWB) full weight bearing (HE) hyperextension, (HS) hamstring, (ISO) Isometric, (KE) knee extension, (KF) knee flexion, (NWB) Non-weight bearing, (PRE) progressive resistance exercise, (SAQ) short arc quad, (SLR) straight leg raise, (SLS) single leg stance, (TKE) terminal knee extension

ROM RESTRICTIONS
 0-90 deg x 2 weeks (then progress as tolerated)

BRACE SETTINGS
 Immobilizer x 8 weeks

Weight Bearing status
 NWB x 8 weeks
 FWB @ week 12 per x-ray

TIME LINES
 Week 1(1-7POD)
 Week 2(8-14POD)
 Week 3(15-21POD)
 Week 4(22-28POD)