



# Cartilage Repair Center

---

Tom Minas, MD, MS

850 Boylston Street, Suite 112

Chestnut Hill, MA 02467

P: 617-732-9967

F: 617-732-9272

[www.cartilagerepaircenter.org](http://www.cartilagerepaircenter.org)

## Distal Femoral Osteotomy

Stage 2 (weeks 7-12+)

---

### PRIMARY GOALS

DO NOT OVERLOAD GRAFT

INCREASE TIBIAL-FEMORAL AND PATELLA-FEMORAL MOBILITY

RESTORE QUADRICEPS CONTROL AND ROM

---

- BRACE** ♦ Knee immobilizer/brace with ambulation, until good quads control/SLR (~3-6 weeks).
- GAIT** ♦ FWB with one crutch / Cane/ Progress as pain allows.
- ROM** ♦ Continue full AROM and gentle PROM exercises, progressing as tolerated  
♦ FROM by 12 weeks post op
- THEREX** ♦ Stationary bicycle with gradual increased in resistance based on level of comfort  
♦ Continue quad sets, SLR in brace, leg curl and heel slides  
♦ Strengthen quadriceps, hamstrings, and hip abductors/extensors using ankle weights and/or elastic band resistance through full ROM as tolerated  
♦ Gentle closed-chain terminal knee extension 0-40 degrees (TKE) permitted starting at 9-10 weeks as tolerated per weightbearing restriction
- THERAPY** ♦ Continue gentle multi-directional patella mobilization as needed  
♦ Whirlpool or pool therapy as available to enhance ROM and quadriceps/hamstring muscle control.  
♦ E-stim for VMO/quadriceps muscle re-education/biofeedback as needed  
♦ Gentle massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar regions
- COMMENTS** ♦ Activity level should be modified if increased pain, catching, or swelling occurs  
♦ No progression of this protocol until cleared by M.D at 12 weeks post-op



BRIGHAM AND  
WOMEN'S HOSPITAL



HARVARD  
MEDICAL SCHOOL