

## Distal Femoral Varus Osteotomy

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### General

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Flat foot (10% for pivoting) weight-bearing for 6 weeks with crutches

Brace from 0-90 for 6 weeks

Stitches assessed and removed in clinic within 7-14 days; X-rays taken at 2 weeks, 6 weeks, 12 weeks

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### Weeks 0-1

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CPM 0-30 and advance to 0-60 as tolerated

Extension/flexion—wall slides, prone hangs, sitting

Patellar mobilization, ankle pumps

Modalities as necessary to decrease swelling

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### Weeks 1-2

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Continue week 1 activities

Flexion to 75 degrees

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### Weeks 2-6

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Continue week 2 activities

Full flexion and extension

Achilles, calf, hamstring stretching

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### Weeks 6-10

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Protected full weight-bearing while weaning off crutches; discontinue brace

Hamstring sets and quad sets with straight leg raises

Stationary bike with single legs, progressing to two legs with increasing resistance

Quads-specific strengthening exercises

Aqua therapy

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### Weeks 10-12

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Continue previous exercises      Swimming with fins

Treadmill 7% walk      Toe raises/heel raises

Double knee bends

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### Weeks 12-16

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Single knee bends

Rowing/erg machine

Outdoor biking

Return to run program = elliptical→treadmill→outdoor running

Leg press to 90° with weights

Leg curls with no hyperextension

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### Week 16

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Sport-specific training with gradual return to agility exercises

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**6 months = Return to sports**