

**Open Wedge Distal Femoral Osteotomy (May 2026)
Postoperative Rehabilitation Protocol
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Starting Immediately:

- If Prevena used, keep in place for 7 days (patient may need extra AA batteries)
- compressive soft dressing
- hinged knee brace or immobilizer locked in full extension
- CPM can be used per patient preference but not required
- Commercial cryo/compression devices are suggested to facilitate swelling reduction, pain control, and decreased pain medication requirements
- Low intensity E – stim to quad
- Please look for MD adjustments to this program due to ACL, meniscus injury, meniscus transplant etc.

	Weightbearing	Brace	ROM	Exercise
Phase I Week 0 - 6	Foot Flat Touchdown weightbearing limited to approx. 10 - 15lbs	Hinged knee brace or knee immobilizer: full extension for sleeping and ambulation.	Range of motion as tolerated	Quad sets Hamstring sets Patella mobs Ankle ROM
Phase II Week 6 - 12	Progress weight bearing as tolerated.	Wean out of hinged knee brace.	As tolerated.	Per Phase 1 Ankle ROM/strength Can add light stationary bike. Standing 4 way hip.
Phase III Week 12 and beyond	As tolerated.	None	Full motion	Progress strengthening as tolerated.
Phase IV Additional sport specific	WBAT	None	As tolerated	Progression to sports, functional testing.

Adapted from:
O'Malley (Krych) et al Arthrosc Tech 2016
Mitchell (LaPrade) et al Arthrosc Tech 2016