

PROXIMAL FEMORAL OSTEOTOMY PROTOCOL
 (open procedure, with plate and hardware to reduce rotation of femur)

Dr. Nate Stewart

Chippewa Valley Orthopedics & Sports Medicine

1200 OakLeaf Way, Suite A 757 Lakeland Drive, Suite B
 Altoona, WI 54720 Chippewa Falls, WI 54729

Patient _____

DOS _____

ACUTE CARE STAY	OUT-PATIENT THERAPY			NOTES:
<p>Week 0-starts POD 1</p> <p>Ankle pumps</p> <p>CPM is used up to 6 hours per day on a flat surface with patient in supine, settings 15° extension and 45° flexion. Do not advance this setting.</p> <p>Instruct in bed mobility.</p> <p>ADL's: Toilet seat riser, reacher, sock aid, long shoe horn. Use devices as needed for soft tissue discomfort.</p>	<p style="text-align: center;">NWB phase Max, TTWB, up to 5%. 6 weeks, longer as needed for surgical concerns.</p> <p>Limited (1x/1-2 weeks) formal physical therapy unless problems arise.</p> <p>Home exercise program 1-2x/day 5 days per week: Exercise bike with very low resistance.</p> <p>Passive pendulum.</p> <p>Isometrics: quad, glut</p> <p>Ankle pumps 20 reps every hour patient is awake.</p> <p>Pain and swelling control if needed</p> <p>Compression shorts (if well fit)</p>	<p style="text-align: center;">Initial WB phase</p> <p>Allowed when Dr. Stewart orders. Progress from TTWB to WBAT over 4 weeks time. Slow WB if any concerns with increased pain, contact Dr. Stewart.</p> <p>Week 1: 5-25% WB Gentle isometrics for quad, glut, transverse abdominus, adductors and absolute pain free abduction. Soft tissue mobilization as needed. Gentle Scar mobilization</p> <p>Heel slides</p> <p>Start gentle AROM for hip flexion, extension, adduction-standing.</p> <p>Week 2: 50-75% WB AROM for hip internal and external rotation and abduction. Increase bike resistance Hamstring initiation</p> <p>Week 3: 75-100% Isometrics for hip internal and external rotation in sitting. Calf, hamstring, hip flexor stretching. Gait activation exercises.</p>	<p style="text-align: center;">Full Weight Bearing</p> <p>Ambulation: walking without a limp. D/C assistive device</p> <p>Progress ROM to WNL or equal to opposite extremity.</p> <p>Progress strengthening to hip groups as tolerated-isometrics, isotonics</p> <p>Total gym or light leg press</p> <p>Double leg balance and proprioception</p> <p>As able and as the person needs for functional improvement and long term goals: Mini-squats Step-ups forward and lateral Wall sits Functional gait activities Double and single leg balance</p> <p>Address work, sport and recreational functional activity demands</p>	<p>Please call with any questions.</p> <p>Return to functional tasks will be quite variable and a general rule to follow: Double the time of NWB for a general estimate of return to higher level activities.</p>
<p>Any Questions? Please contact: Northwoods Therapy Associates Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060</p>				