

Distal femoral osteotomy

1. Usually there will be no knee brace or splint
 2. Iliac crest bone graft is usually used
 3. Dressing reduced before discharge
 4. NWB/TTWB as tolerated for 6 weeks
 5. FROM and muscle strengthening
 6. OPD and x-ray at 6 weeks, if satisfactory progressively increase PWB aiming to be FWB by 12 weeks.
 7. Aim for phased return to manual work from 16 weeks onwards.
 8. Deviations may be required for concomitant Microfracture/meniscal repair cases.
- 10 Removal of metalwork around 18-24 months to resolve any low discomfort from vastus lateralis over the plate and clear the knee of implants.
- 11 No restrictions on activity once recovery is complete.