

Children's Physiotherapy

Exercises after your knee surgery: Distal Femoral Osteotomy with Patellar Tendon Shortening

0-6 weeks after the operation: You must not put weight through the operated leg or foot. (Non-weight bearing status)

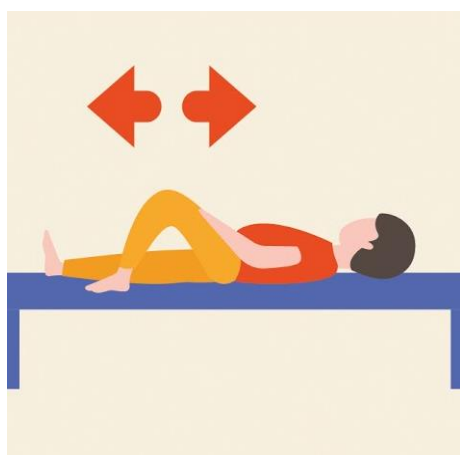
6-8 weeks after the operation: Weight bearing when you move from one position to the other (transfers) only

8-12 weeks after the operation: You can support your weight through your legs and feet (Full weight bearing status)

You must wear your knee immobiliser splints at all times except for when having physiotherapy or carrying out your exercises

Complete these exercises from day 4 after your operation onwards:

Hip and knee flexion



What is this exercise for? To increase range of motion at the hip and knee.

Your instructions: Lie on your back. Start with your hip straight. Place a carrier bag or plastic apron under your foot and then slide your heel along the bed towards your bottom as far as pain allows. Gradually straighten your leg, aiming to push your knee into the mattress.

Repeat _____ times, _____ per day

Right / left / both



Hip Abduction



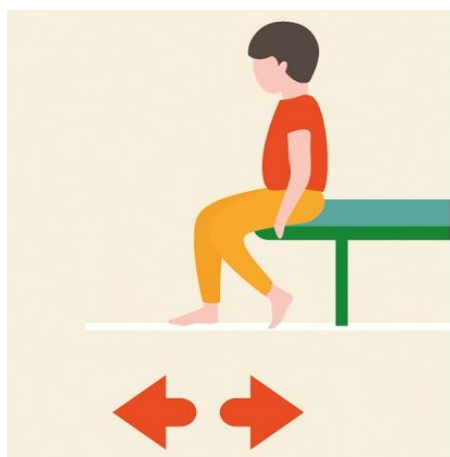
What is this exercise for? To increase range of motion at the hip and knee.

Your instructions: Lie on your back. Start with your hip straight. Slide your leg away from the other leg towards the edge of the bed as far as pain allows. Return to starting position slowly and carefully.

Repeat _____ **times,** _____ **per day**

Right / left / both

Knee flexion



What is this exercise for? To increase range of motion at your knee.

Your instructions

Sit with your feet on the floor. Start with your foot in front of your knee. Slide your foot back as far as pain allows, aiming to finish with your foot behind your knee. Ensure that you keep your foot on the floor throughout.

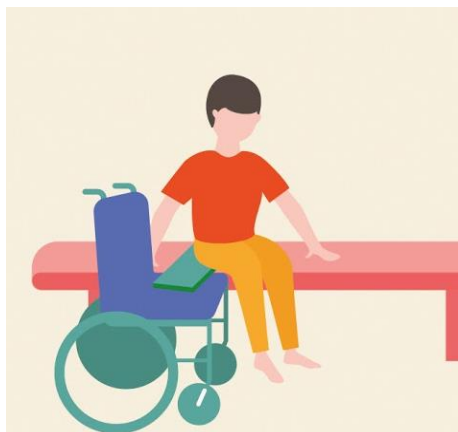
Repeat _____ **times,** _____ **per day**

Right / Left / Both

Complete these exercises from day 8 after your operation:

Slide board transfer from:

a) Bed to wheelchair

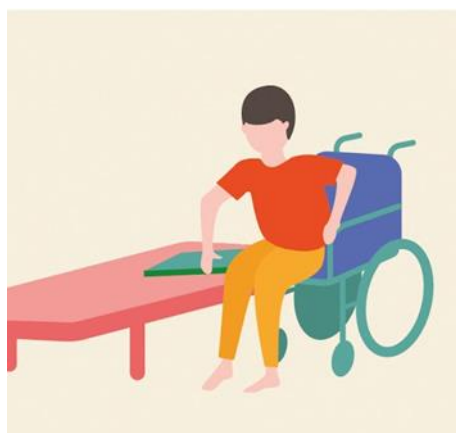


What is this exercise for? To improve your ability to move from a bed to your wheelchair and back to your bed.

Your instructions: Make sure the bed has been lowered to the same height as your chair. Move your chair sideways on and as close to your bed as possible. Remove the wheelchair's arm rest and footplate on the side closest to the bed and check the brakes are on.

Sit on the edge of the bed. Then lean to one side, away from your chair to slide one quarter of the slide board under your bottom and sit on it. The rest of the board should be positioned over the chair. Keep your hands flat on the board and with short movements pushing with your hands, slide your bottom along the board to the chair. Position your feet once you have moved across to the chair. Lean to the side and remove the board. Replace armrest and foot plates.

b) Wheelchair to bed



Your instructions: Make sure the bed has been lowered to the same height as your chair. Move your chair sideways on, close to your bed. Remove the wheelchair's arm rest and footplate on the side closest to the bed and check the brakes are on. Sit on the front edge of your wheelchair, lean to one side, away from your bed to slide one quarter of the slide board under your bottom and sit on it. The rest of the board should be positioned over the bed. Keep hands flat on the board and with short movements pushing with your hands; slide your bottom along the board to the bed. Lean to the side and remove the board.

Knee extension in sitting



What is this exercise for? To stretch the muscles at the back of your thigh (hamstrings) whilst in your cricket pad splint.

Your instructions: Make sure you have your cricket pad splints on. Sit up straight in bed or sit on a chair with your leg in splint supported on a chair.

Keep this position for 30 minutes and repeat twice a day.

Right / Left / Both

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