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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Intramedullary Nailing of Diaphyseal Femur Fracture

Phase I: 0-2 weeks

- Edema and pain control
- Weight bearing status: WBAT with crutches or assistive device
- ROM full at knee and ankle
- Brace: none
- Exercises: heel slides, patellar mobs, gastroc/soleus stretch, calf pumps

Phase II: 2-6 weeks

- WB status: WBAT and may wean of crutches as tolerable
- ROM: full
- Exercises: Phase I + straight leg raises and hip/glutes/core

Phase III: 6-12 weeks

- WB status: Full without assistive devices
- ROM: full
- Brace: none
- Exercises: Phase II + biking/proprioception, quad extensions/hamstring curls

Phase IV: 3-6 months

- WB status: full
- ROM: full
- Brace: none
- Exercise: Phase III + advance closed and open chain exercises, progressive proprioception exercises, stairmaster, elliptical, begin running straight ahead (based upon healing on xray)

Phase V: > 6 mo

- Gradual return to sports