

622 W 168th Street, PH-11 Center
New York, NY 10032

Physical Therapy Prescription for:

label

Diagnosis: OCD Knee MFC LFC

Surgical Procedure: Osteochondral
Allograft

Date of Surgery:

Eval & Treat: 2x/week x 12 weeks

Phone: 212-305-3934

Fax: 212-305-4040

columbiaortho.org

Weight bearing status: TTWB x 2 weeks, then WBAT and can wean crutches

CPM: 2-3hr/day, 0-30°, advance 10-15°/day
Protocol: Ice 30 min then CPM 1-2hr, then ice 30 min.
Repeat 3-4x/day

Brace for 6 weeks:

- Hinged knee brace for weight bearing activities:
- Locked when ambulating, unlocked when working on ROM (only when non-weight bearing). Ok to remove brace for PT.
- May unlock for ambulation as soon as quad control returns (usually after 2-3 weeks)
- Brace locked at 0° for sleep for first 2 weeks (or longer if hasn't achieved symmetric terminal extension)

Range of motion goals:

- 30° by week 2
- 90° by week 4
- 120° by week 6
- Full ROM by week 8

Immediate Postoperative Period: 0-2 weeks (Goal: edema control, start early motion):

- Elevation
- Heel slides, quad sets, ankle pumps, SLR with brace locked in extension
- CPM as instructed above 6-8hr/day

Weeks 3 to 4 (Goal: regain PROM 0-90°, begin strength):

- WBAT with knee locked in full extension in brace
- Sitting slides up to 90° flexion
- Ankle pumps, patellar mobilization, resisted hamstring/gastroc, hip abduction, SLR, quad sets
- Standing toe raises in full knee extension

Weeks 5 to 6 (Goal: improve ROM 0-120°, walk normally, strengthening):

- WBAT with brace unlocked IF able to do SLR without lag
- Stationary bike with low resistance
- Ok to sleep without brace at night
- AROM/AAROM/PROM to 120°
- Straight leg lifts out of brace, wall slides, continue hamstring/gastroc/glut strengthening

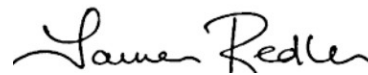
Weeks 6 to 12 (Goal: strengthening)

- WBAT, wean out of brace

- Stationary bike with moderate resistance, step up/down progression
- Closed chain terminal knee extensions, toe raises, balance activities, hamstring curls, leg press

Week 12+ (Goal: strengthen and sport retraining):

- Add gentle plyometrics
- Start treadmill walking and progress to jogging as able
- Criteria to start running program: walk with normal gait for 20 minutes, pain free ADLs, ROM > 0-125°, hamstring and quad strength >70% contralateral side, no pain, no edema, no crepitus, no giving-way
- Progress to sport specific training
- Return to sport 5-6 months
- Maintenance program for strength and endurance



Lauren Redler, MD

Date