

Physical Therapy Prescription for:

label

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Dr. Redler's PT Protocol: Osteochondritis Dissecans

Eval & Treat: 2x/week x 24 weeks

Diagnosis: OCD Lesion MFC LFC Trochlea Stable Unstable

Procedure: Right Knee Left Knee Drill Fix OCD Lesion

Date of Surgery:

PHASE I (Week 0-2)

- Hinged knee brace locked in extension for ambulation and sleep
- Brace 0-30°
- WB: TDWB x 6 weeks PWB x 2 weeks
- CPM: 0-30°, adv as tol to 45°
- SLR, quad sets, hamstring isometrics, heel slides
- Hamstring/gastroc stretches

PHASE II (Week 3-6)

- Brace 0-60° x 2 weeks, 0-90° x 2 weeks
- Goal ROM: 90° by 6 weeks
- Can do exercises out of brace when patient has good quad control (~3 weeks)
- Stationary bike with elevated seat, active knee extensions, bilateral heel raises, leg press or 45° wall slides
- Active SLR: Add resistance in ½ pound increments. When patient can complete 2 sets of 20, add another ½ pound weight. Do not exceed 2 pounds per week.
- Add rectus stretch

PHASE III (Week 7-9)

- WBAT, wean crutches. Hinged knee brace, unlimited ROM
- Goal ROM: 120° by week 8
- Stationary bike with resistance
- Unilateral heel raises, unilateral leg press
- Treadmill walking program 3x/week

PHASE IV (Week 10-12)

- Continue treadmill walking, build up to 45min
- Add hamstring strengthening, continue straight leg raise, knee extension, heel raises, leg press
- Balance/proprioception exercises

WEEK 12 TEST

- Assess patient's strength with 1 set to fatigue: straight leg raise, knee extension, hamstring curl, heel raises, leg press
- Return to running: when strength is 70% of unaffected limb

PHASE V (Week 13-24)

- Return to agility/sport-specific exercises: when 90% strength of unaffected limb is attained and patient can run 10 minutes without pain or swelling
- Start sport cord lateral drills and light plyometric training
- Emphasize single leg loading
- Maintenance program for strength and endurance
- Transition to HEP

Additional Instructions:

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