

Osteochondritis Dissecans (OCD) Protocol - Knee

Updated: April, 2018

- A. 0-2 weeks post-op
 - 1. Gait: NWB
 - 2. Frequent cryotherapy and modalities as indicated
 - 3. ROM restrictions: 0-60 degrees
 - 4. Exercise
 - a. Q-sets
 - b. SLR, SL-hip abduction, prone hip extension
 - c. Patellar mobilization
 - d. P-AA ROM work
- B. 2-4 weeks post-op
 - 1. Gait: NWB
 - 2. Frequent cryotherapy and modalities as indicated
 - 3. ROM restrictions: 0-90 degrees
 - 4. Exercise
 - a. Same as above
 - b. Non-resisted stationary bike within ROM restrictions
- C. 4-6 weeks post-op
 - 1. Gait: 25-50% WB status
 - 2. Frequent cryotherapy and modalities as indicated
 - 3. ROM restrictions: 0-120 degrees
 - 4. Exercise
 - a. ROM work
 - b. Continue as prior
 - c. Add appropriate level WB status CKC exercise for balance/proprioception
 - d. Non-resisted stationary bike
- D. 6 weeks post-op
 - 1. WBAT
 - 2. Modalities as indicated
 - 3. Full ROM
 - 4. Exercise
 - a. PRE: OKC, CKC, Balance/Proprioception exercises
 - b. Non-impact cardio
- E. 10 weeks post-op
 - 1. Interval jog to run progression
 - 2. Progressive agilities, plyometrics and footwork drills
 - 3. Progressive sport specific activities