



## Rehabilitation Protocol: Knee Osteochondritis Dissecans (OCD)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

**Post-Op Week 0-2: Protective Phase**

**Brace:** None

**Weight Bearing:** Non weight bearing with crutches

**ROM Goals:**

- Extension (straight): Full
- Flexion (bent): 60 degrees

**Therapeutic Exercises:**

- Strengthening: Quad sets (squeeze thigh muscles tight), four-way SLR (four direction straight leg raises: forward, backward, inside, outside) with brace on
- Conditioning: UBE (upper body exercise bike)

**Manual Therapy:** Patellar mobilization (knee cap slides: up, down, side to side)

**Weeks 3 to 4: Motion Phase**

**Weight Bearing:** non-weight bearing with crutches

**ROM Goals:**

- Extension: Full
- Flexion: 90 degrees

**Therapeutic Exercises:**

- Strengthening: Quad sets, four-way SLR
- Conditioning: UBE

**Manual Therapy:**

- Patella and joint mobilization, passive knee flexion (not using your leg muscles to bend your knee) to 90 degrees, peri-patellar (around knee cap) soft tissue mobilization

**Weeks 5 to 6: Strengthening Phase**

**Weight Bearing:** Partial (25-50%) weight bearing with crutches

**ROM Goals:**

- Extension: Full
- Flexion: 120 degrees

**Therapeutic Exercises:**

- Strengthening: Four-way SLR
- Proprioception: Weight shifting, Weight shifting, Balance activities
- Conditioning: UBE, Stationary bike less than 15 minutes with minimal resistance

**Manual Therapy:**

- Patella and joint mobilization, passive knee flexion to 120 degrees, peri-patellar soft tissue mobilization

**Weeks 7 to 8: Advanced Strengthening Phase**

**Weight Bearing:** Progressing to full weight bearing without crutches

**ROM:** Full

**Therapeutic Exercises:**

- Strengthening: Initiate Closed chain activities, Hamstrings exercises



- Proprioception: Weight shifting, Single leg balance activities
- Conditioning: UBE, Stationary bike

**Manual Therapy:**

- Patellar and joint mobilization

**Weeks 9 to 12: Early Sport Phase**

**Weight Bearing:** Full

**Therapeutic exercises:**

- Strengthening: Progress closed chain, continue hamstrings
- Proprioception: Weight shifting, Single leg balance Conditioning: UBE, Stationary bike, Elliptical, Cross trainer BEGIN straight running on treadmill

**Month 4-6: Conditioning/Sport Phase**

**Therapeutic Exercises:**

- Strengthening: Closed chain, Multi plane single leg, Hamstrings
- Proprioception: Weight shifting, Excursion testing, Balance activities
- Conditioning: Continue UBE, Stationary Bike, Elliptical machine, Ski machine BEGIN running outside, cutting and jumping activities

**Protocol Modifications:**

**Comments:**

**Frequency:** \_\_\_\_\_ times per week

**Duration:** \_\_\_\_\_ weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_