



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: _____