



Always First™

## FOX VALLEY ORTHOPEDICS OSTEOCHONDRITIS DISSECANS (OCD) FIXATION OF A WEIGHT-BEARING LESION

### PHASE 1

week 1-3

*Goals: edema reduction, pain control, knee extension ROM*

- NWB with brace locked in extension x 2wks
- Unlock brace at 2 weeks, keep unlocked for additional 4 weeks
- NWB PROM and AAROM
- strengthening
  - quad sets with progression to SLR as tolerated
- stretching
  - hamstring and gastrocsoleus
- manual techniques
  - patellar mobilization
- modalities

### PHASE 2

week 3-5

*Goals: flexion ROM progression, full knee extension*

- NWB
- Continue w/ brace unlocked
- NWB PROM, AROM, RROM
- strengthening
  - stationary bike
- stretching
- manual techniques
  - scar mobilization
- modalities

### PHASE 3

week 6-8

*Goals: gait progression, strength progression, full ROM*

- progression to FWB as tolerated at 6 wks and d/c brace
- PROM, AROM, RROM
- strengthening
  - TG bilateral squat/heel raise progression
  - TM walking
- stretching
- neuromuscular re-education
  - balance board bilateral LE
- manual techniques
  - joint mobilization
- modalities

**OSTEOCHONDRITIS DISSECANS (OCD) FIXATION****PHASE 4**

week 8-10

*Goals: normal gait, strength progression*

- FWB
- PROM, AROM, RROM
- strengthening
  - step up/down progression
- stretching
- neuromuscular re-education
  - SLS with progression to balance board unilateral LE
- manual techniques
- modalities

**PHASE 5**

week 12

*Goals: strength progression*

- strengthening
  - light treadmill jogging
- neuromuscular re-education

**PHASE 6**

month 4-6

*Goals: strength progression, sport preparation, return to full sports at 6 months with MD approval*

- strengthening and neuromuscular re-education
  - TM running
  - agility drills
  - plyometrics