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: __________________