

Post-Operative Instructions **Knee Osteochondritis Dissecans**

Day of surgery

- A.** Diet as tolerated
- B.** Icing is important for the first 5-7 days post-op. While the post-op dressing is in place, icing should be done continuously. Once the dressing is removed on the first or second day, ice is applied for 20-minute periods 3-4 times per day. Care must be taken with icing to avoid frostbite. Alternatively, Cryocuff or Game-ready ice cuff can be used as per instructions.
- C.** Pain medication as needed every 4-6 hours (refer to pain medication sheet).
- D.** Make sure you have a physical therapy post-op appointment scheduled during the first week after surgery.

First Post-Operative Day

- A.** Continue ice pack every 1-2 hours while awake
- B.** Pain medication as needed.
- C.** You may remove surgical bandage and shower this evening. Apply regular bandages to these wounds prior to showering and when showering is complete apply fresh regular bandages. You will need to follow this routine for 2 weeks after surgery.

Second Post-Operative Day Until Return Visit

- A.** Continue ice pack as needed.
- B.** Unless otherwise noted, you can bear as much weight on the affected leg as you can tolerate. Most patients use crutches or a cane for the first 1-3 days. The amount of pain you experience should be your guide for discontinuing crutch or cane use.
- C.** If there is no brace on your leg, you may bend the knee as tolerated.
- D.** If you have a brace or a splint on your leg, this must be worn for all walking activities. The brace may be removed for showering. It may also be removed for short periods of time while relaxing (while watching television, reading, etc.) as long as the leg is well supported.
- E.** Call our office @ 646-501-7223 option 4, option 2 to confirm your first postoperative visit, which is usually about 1-2 weeks after surgery. If you are experiencing any problems, please call our office or contact us via the internet at www.newyorkortho.com.

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, 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: _____