

Rehabilitation Protocol: Knee Osteochondral Fragment/ Osteochondritis Dissecans Lesion Fixation - Femoral Condyle

Phase I: 0-8 weeks

- Brace: Locked at 0 degrees extension for ambulation & sleeping
- ROM: 0-90 deg permitted when not weightbearing with emphasis on full extension
- Weightbearing:
 - 0-6 weeks: Non-weightbearing - brace must be locked in extension during ambulation/mobilization
 - 6+ weeks: heel-touch weightbearing
- Exercises:
 - 0-2 weeks
 - o Patella mobilization
 - o Straight leg raise supine with brace locked at 0 degrees
 - o Quad sets
 - o Ankle pumps
 - o Heel slides to 90 deg
 - 2-8 weeks:
 - o Passive and active assisted ROM to 90 deg
 - o Patella and tibiofibular joint mobilizations
 - o Quad, hamstring, and glute sets
 - o Straight leg raises
 - o Side-lying hip and core

****If metal screws were used in initial surgery, patient will have a second surgery at ~8-10 weeks from first for screw removal. If biocomposite screws were used, there is no second surgery. Rehab follows the same protocol****

Phase II: 8-10 weeks (or beginning after metal screw removal if indicated)

- Brace: none
- ROM: advance to full
- Weightbearing: advance gradually to full
- Exercises:
 - Advance Phase I exercises as tolerated
 - Heel raises, closed chain exercises
 - Gait normalization
 - Eccentric quads and hamstrings closed chain
 - Advance core, glute, and pelvic stability

Phase III: 10-12 weeks

- Brace: none
- ROM: full
- Weightbearing: WBAT
- Exercises:
 - Progress closed chain activities and gait training
 - Begin unilateral stance activities, balance training, hamstring work, hip/core/glutes
 - Begin stationary bike at 10 wks with low resistance as tolerated

Phase IV:
12-16 weeks

- Brace: none
- ROM: full
- Weightbearing: WBAT
- Exercises:
 - Advance Phase II-III exercises
 - Maximize core/glutes, pelvic stability work, eccentric hamstrings, balance
 - Swimming permitted after 12 weeks
 - Elliptical as tolerated after 16 weeks

Phase V:
16+ weeks

- Brace: none
 - ROM: full
 - Weightbearing: WBAT
 - Exercises:
 - Advance functional activity
 - Advance pool and elliptical as tolerated
 - Begin running, sport-specific activity after 18 weeks, unless otherwise directed by MD
- *May require functional sports assessment prior to clearance to return to sport