

## FEMORAL OSTEOCHONDRITIS DISSECANS REPAIR

Name: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Frequency: 1 2 3 4 times / week      Duration: 1 2 3 4 5 6 Weeks

\_\_\_\_Weeks 0-4:

- NWB/TTWB with brace in full extension when ambulating
  - Ok to set 0-90 ROM when at rest/sitting
  - Remove for hygiene and PT
- PROM→AAROM→AROM progress 0-90 degrees (non weight bearing)
- Heel slides, quad sets, patellar mobs, ankle pumps
- Straight leg raises (without brace when able to SLR without extension lag)

\_\_\_\_Weeks 4-6:

- Maintain NWB/TTWB
- Allow 0-full flexion ROM when at rest/ambulating; may remove for sleeping
- Continue exercises from weeks 0-4

\_\_\_\_Weeks 6-12

- D/c brace when quad strength adequate for ambulation and no extension lag
- Progress to full weight bearing in 0-90 in flexion; no weight bearing past 90 flexion
- Closed chain knee extension, stationary bike, weight bearing gastroc/soleus stretch
- Lunges, mini-squats, weight shifts, initiate step up program (all 0-90 degrees)
- Proprioceptive training, stationary bike use

\_\_\_\_Weeks 12-16:

- Unrestricted ROM even with weight bearing
- Advance closed chain strengthening and bike exercises
- Progressive squat program; initiate step down program
- Leg press (start initially with body weight only)

\_\_\_\_Weeks 16+:

- Begin plyometrics and sport-specific drills, jogging, running
- Gradual return to athletic activity as tolerated
- Maintenance program

Signature \_\_\_\_\_

Date: \_\_\_\_\_