

REHABILITATION PROTOCOL: ARTHROSCOPIC KNEE OSTEOCHONDRITIS DISSECANS FIXATION

□ Phase 1 (Weeks 0-8)

- Weight bearing: Non weight bearing for 6-8 weeks- until radiographic evidence of healing
- Range of motion
 - Continuous passive motion (CPM) 6-8 hours/day for 6-8 weeks
 - Set to 1 cycle per minute- start at level of flexion that is comfortable
 - Advance 10° per day until full flexion achieved
 - Passive range of motion and stretching under guidance of PT
- Therapeutic exercises
 - Quad and hamstring isometrics
 - Heel slides

□ Phase 2 (Weeks 8-12)

- Weight bearing: Advance to full weight bearing as tolerated- discontinue crutch use
- Range of motion
 - Advance to full/ painless ROM
- Therapeutic exercises
 - Closed chain extension exercises
 - Hamstring curls
 - Toe raises
 - Balance exercises
 - Begin use of stationary bicycle/ elliptical

□ Phase 3 (Months 3-6)

- Weight bearing: Full
- Range of motion: Full and painless
- Therapeutic exercises
 - Advance closed chain strengthening exercises, proprioception activities
 - Sport-specific rehabilitation
- Gradual return to athletic activity as tolerated- including jumping/ cutting/ pivoting sports
- Maintenance program for strength and endurance