



Jordan M. Meiss, MD

OCD Drilling Femoral Condyle

This information and protocol is a guideline, individual variations and changes will apply

| <u>Postop</u> | <u>Goals</u> | <u>Precautions</u> | <u>Exercises</u> |
|--|---|---|--|
| Weeks 0-2 PT 1x/week HEP daily | Full passive extension 90° knee flexion Patella mobility Edema and pain control SLR without lag Promote independence | TDWB (20%) with crutches Brace locked at 0° for ambulation Brace locked at 0° for sleeping Max knee flexion 90° | Daily HEP 2 sets x20 reps AA heel slides (with towel) AA extension Quad sets/SLR Prone active hamstring curls Stretches: hamstring and gastroc |
| Weeks 2-6 PT 1x/week HEP daily | Full passive extension 90° knee flexion Patella mobility Edema and pain control SLR without lag Promote independence | TDWB (20%) with crutches Brace locked at 0° for ambulation Unlock 0-90° when not ambulating Max knee flexion 90° | Progress heel slides to bike with minimal resistance (10min duration initially and add 5min/week) Active knee extension Active SLR minimal resistance Active prone hamstring curls minimal resistance Stretch: hamstring and gastroc Add pain-free rectus stretch |
| Weeks 6-9 PT 2-2x/week HEP daily | Full ROM Ascend 8" step with control Improve ADL endurance | Progress to WBAT DC brace when adequate quad DC crutches when gait normalizes Avoid painful activities No running | Continue above exercises Walking program 15-30min 3x/week Progress quad strengthening Initiate step-up program |
| Weeks 9-12 PT 2-3x/week HEP daily | Improve endurance Descend 8" step with control Walk 45 min pain free Improve strength/flexibility | WBAT Avoid painful activities No running until: Strength >70% normal side MD approved | Continue above Progress walking 45min 3x/week 8" step-down satisfactory |
| Weeks 12+ PT 1x/week HEP daily | No apprehension with sport specific movements Maximize strength and flexibility to meet sporting demands | WBAT Avoid painful activities No running until: Strength >70% contralateral MD clearance No agility training until: Strength >90% contralateral Run 10min without symptoms MD clearance No RTP until: Passes RTP evaluation MD clearance | Progress above Assess strength (week 12) with 1 set to fatigue for: SLR, knee extension, hamstring curls, heel raises, leg press Running program: MD approval Agility training: MD approval RTP: MD approval |