



OCD Drilling – Femoral Condyle

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises/Interventions</u>
Phase 1 Weeks 0-2 1x/week HEP daily	Full passive extension 90° knee flexion Patella mobility Edema and pain control SLR without lag Promote independence	TTWB (20%) with crutches Brace locked at 0° for ambulation Brace locked at 0° for sleeping Max knee flexion 90°	Daily HEP 2 sets x 20 reps AA heel slides (with towel) AA extension Quad sets/SLR Prone active hamstring curls Stretches: hamstring and gastroc
Phase 2 Weeks 2-6 1x/week HEP daily	Full passive extension 90° knee flexion Patella mobility Edema and pain control SLR without lag Promote independence	TTWB (20%) with crutches Brace locked at 0° for ambulation Unlock 0-90° when not ambulating Max knee flexion is 90°	Progress heel slides to bike with minimal resistance (10 min duration initially and add 5 min/week) Active knee extension Active SLR minimal resistance Active prone hamstring curls with minimal resistance Stretch: hamstring and gastroc Add pain-free rectus femoris stretch
Phase 3 Weeks 6-9 2x/week HEP daily	Full ROM Ascend 8" step with control Improve ADL endurance	Progress to WBAT DC brace when adequate quad control DC crutches when gait normalizes Avoid painful activities No running	Continue above exercises Walking program 15-30 min 3x per week Progress quad strengthening Initiate step-up program
Phase 4 Weeks 9-12 2x/ week HEP Daily	Improve Endurance Descend 8" step with control Walk for 45 min pain free Improve strength/flexibility	WBAT Avoid painful activities No running until: Strength >70% normal side MD approved	Continue and progress above exercises Progress walking 45 min 3x per week 8" step-down satisfactory
Phase 5 Weeks 12+ 2x/ 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 side MD clearance No agility training until Strength >90% contralateral side	Progress above Assess strength (week 12) with 1 set fatigue for: SLR, knee extension, hamstring curls, heel raises, leg press Running program: MD approval

Run 10 min without symptoms	Agility training: MD approval
MD clearance	RTP: MD approval
No RTP until:	
Passes RTP evaluation	
MD clearance	