

ORIF of OCD Lesion Protocol

Dr. Hultman

Considerations: may have different ROM and weight bearing restrictions based on area of OCD lesion.

Time Frame	Treatment	Goals
Post-Op Day	<ul style="list-style-type: none"> -Removal of dressings, change if needed. -Cryotherapy and education in signs of infection -Patient NWB -HEP: quad sets, heel slides (0-90°), SLR x 4 	<ul style="list-style-type: none"> -Independent with conservative management, HEP, and cryotherapy -Pain management
Phase I 0-6 weeks	<ul style="list-style-type: none"> -Weight bearing: NWB weeks 1-3, TTWB to PWB 25% weeks 4-6 -ROM goals: 0-90° week 2, 0-110° week 4, 0-125° week 6 -Biking allowed at 4 weeks as allowed by ROM 	<ul style="list-style-type: none"> -Protection of the knee -ROM goals as listed -Manage effusion -Avoid/limit atrophy -Ensure full active extension
Phase II 6-12 weeks	<ul style="list-style-type: none"> -Begin weight bearing with goal of normalizing gait -Progress with balance and strengthening avoiding impact activity -Advance proprioceptive exercises when good strength and control is achieved -Avoid loading the knee past 90° 	<ul style="list-style-type: none"> -Normalize weight bearing and gait -Avoid favoring the limb -Full AROM and strength 5/5
Phase III 12+ weeks	<ul style="list-style-type: none"> -May begin impact activities at 12 weeks with MD permission -Normalize movement patterns and strength in all planes -Advance with core strength and sport specific exercises as tolerated with MD clearance -Normal movement patterns and no antalgia noted with functional exercises before clearing for return to activity 	<ul style="list-style-type: none"> -Normalize movement patterns in all directions -Build neuromuscular control and confidence in the limb for return to sport/work