

**Patient Name:**

**Patient Phone:**

**Surgery/DOS:**

**Surgeon:**

## **OSTEOCHONDRAL FRAGMENT FIXATION REHABILITATION PROTOCOL**

### **Phase 1, Postoperative (Week 0-6)**

RESTRICTIONS: Non Weight Bearing x 6 weeks

BRACE: locked at 0° during ambulation. Sleep in locked brace for 3 weeks.

CPM: 8 hours post op per day. Day 1: CPM 0-40° then increase 5-10° daily. After 3 weeks, decrease CPM use to 6 hours/day.

ROM: Patellar mobilization daily (PT to instruct). RESTRICTIONS: Non Weight Bearing x 6 weeks

BRACE: locked at 0° during ambulation. Sleep in locked brace for 3 weeks.

CPM: 8 hours post op per day. Day 1: CPM 0-40° then increase 5-10° daily. After 3 weeks, decrease CPM use to 6 hours/day.

ROM: Patellar mobilization daily (PT to instruct).

- Week 0 to 2: 0 to 90 degrees

- Week 2 to 4: 0 to 105 degrees

- Week 4 to 6: 0 to 120 degrees, then progress >120 as tolerated

Ther Ex: Calf and hamstring stretching, Ankle pumps, Quad/Glute/HS sets, 4-Way SLR in brace --> without brace as able

Bike: stationary bike when range permit, no resistance

Stationary bike when ROM permits (no resistance)

### **Phase 2, Postoperative (Week 6-12)**

RESTRICTIONS: Wean crutches

BRACE: wean from brace

CPM: discontinue

ROM: full range of motion; increase to 120-135° by week 8

Ther Ex:

Initiate weight shifts at week 6 & initiate mini squats 0-45° by week 8

Closed kinetic chain exercises (leg press) and toe-calf raises by week 8

Progress resistance and time on stationary bike

Treadmill walking week 10-12

Balance a proprioception drills. Progress static to dynamic

Initiate front and lateral step ups and wall squats by week 8-10

### **Phase 3, Postoperative (3 months to 6 months)**

Goals:

- Full ROM without pain
- Progress strength to achieve strength within 80-90% of uninvolved side
- Progress balance/stability within 75-80% of uninvolved side
- Functional activities without increase in any symptoms.

### **Phase 4, Postoperative (6 months+)**

Goals:

- Progress resistance to all strengthening exercises
- Progress to agility and dynamic balance drill
- Plyometric activity based on patient need
- Sports specific training

**Return to sports: based on exercise testing in our exercise testing Fit Lab**

**Comments:**

**Modalities:**

Dry Needling

Cupping

Electrical Stim

Soft tissue mobilization/Manual therapy/Graston

Per treating therapist

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_