Jennifer Thomson, MD
ORTHOPAEDIC SURGERY | SPORTS MEDICINE

Rehabilitation Protocol: Knee Osteochondral Fragment/ Osteochondritis Dissecans Lesion Fixation - Femoral Condyle

Phase I:
0-8 weeks

- Brace: Locked at 0 degrees extension for ambulation & sleeping
- ROM: 0-90 deg permitted when not weightbearing with emphasis on full extension
- Weightbearing:
- 0-6 weeks: Non-weightbearing - brace must be locked in extension during ambulation/mobilization
- 6+ weeks: heel-touch weightbearing
- Exercises:
- 0-2 weeks
    - Patella mobilization
    - Straight leg raise supine with brace locked at 0 degrees
    - Quad sets
    - Ankle pumps
    - Heel slides to 90 deg
- 2-8 weeks:
    - Passive and active assisted ROM to 90 deg
    - Patella and tibiofibular joint mobilizations
    - Quad, hamstring, and glute sets
    - Straight leg raises
    - Side-lying hip and core

If metal screws were used in initial surgery, patient will have a second surgery at ~8-10 weeks from first for screw removal. If biocomposite screws were used, there is no second surgery. Rehab follows the same protocol

Phase II:
8-10 weeks
(or beginning after metal screw removal if indicated)

- Brace: none
- ROM: advance to full
- Weightbearing: advance gradually to full
- Exercises:
- Advance Phase I exercises as tolerated
- Heel raises, closed chain exercises
- Gait normalization
- Eccentric quads and hamstrings closed chain
- Advance core, glute, and pelvic stability

Phase III:
10-12 weeks

- Brace: none
- ROM: full
- Weightbearing: WBAT
- Exercises:
- Progress closed chain activities and gait training
- Begin unilateral stance activities, balance training, hamstring work, hip/core/glutes
- Begin stationary bike at 10 wks with low resistance as tolerated

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Phase IV:
12-16 weeks

- Brace: none
- ROM: full
- Weightbearing: WBAT
- Exercises:
  - Advance Phase II-III exercises
  - Maximize core/glutes, pelvic stability work, eccentric hamstrings, balance
  - Swimming permitted after 12 weeks
  - Elliptical as tolerated after 16 weeks

Phase V:
16+ weeks

- Brace: none
- ROM: full
- Weightbearing: WBAT
- Exercises:
  - Advance functional activity
  - Advance pool and elliptical as tolerated
  - Begin running, sport-specific activity after 18 weeks, unless otherwise directed by MD

*May require functional sports assessment prior to clearance to return to sport

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