

OSTEOCHONDRITIS DISSECANS REHABILITATION PROTOCOL				
TIME PERIOD	WEIGHT BEARING	RANGE OF MOTION	BRACE	EXERCISES
0-6 weeks	Touch toe weight bearing with crutches	Full range of motion	Keep knee in an immobilizer for 1 week after surgery	Quad sets, straight leg raises. Stretching exercises. Patellar mobilization.
6-9 weeks	Wean from crutches unless otherwise notified.	Work towards full ROM	None	Continue previous exercises. Stretching and strengthening. Closed chain exercises.
9-12 weeks	Full weight bearing.	Full ROM	None	Gradually increase to return to full activities at 3 months.

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 Questions please call: # 801-587-2557
 Fax: 801-587-7111

Patient Name: _____

Surgery Date: _____

Side (Circled): Right Left

Surgery performed:

Drilling

ORIF

OATS

Physical therapy to evaluate and treat.

Notes: _____

MD signature: