

OCD REPAIR FEMORAL CONDYLE

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-12 weeks	NWB with crutches and brace locked if utilized	Week 1: Locked in full extension at all times Week 2-6 open to ROM; d/c when adequate quad control	Week 1 locked in full extension Week 2-6: increase as tolerated	0-2 weeks: Quad sets, SLR, calf pumps, passive leg hangs to 90° at home 2-6 weeks: PROM/AAROM to tolerance, patella mobs, quad, hamstring, and glut sets, SLR, side-lying hip and core 6 weeks: Begin stationary bike for ROM
<p>Most patients will need removal of hardware after week 12 depending on healing, type and position of implants. Please refer to specific prescription for individual restrictions. Weight bearing activity can generally be progressed after screws are removed but avoid impact activity until cleared by MD.</p>				
PHASE II 12-16 weeks	Progress to FWB as tolerated	None	Full	Begin closed chain activities: wall sits, shuttle, mini-squats, toe raises Begin unilateral stance activities, balance training
PHASE III 16 weeks – 20 weeks	Full	None	Full	Advance Phase II exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings May advance to elliptical, bike, pool as tolerated
PHASE V 20 weeks and beyond	Full	None	Full	Advance functional activity Return to sport-specific activity and impact when cleared by MD