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## Megan R. Wolf, MD Sports Medicine/Foot & Ankle

## Open OCD Repair or Cartiform Implantation Post-Operative Protocol

### Phase I

#### Post-op to Week 2:

Post op knee brace locked in full extension for ambulation and sleeping; may remove for exercises  
 TTWB with crutches and brace for 3 weeks

**Goals:** Maintain terminal extension, flexion to 90 degrees, protect graft, promote healing

#### Exercises:

- Gradual passive flexion day 3 post-op
  - Start at 45 degrees and increase 15 degrees per day to achieve 90 degrees of flexion
- Ankle pumps
- Knee extension exercises
- Patellar mobilizations
- Quad isometrics

**Progression to Phase 2** - inflammation is limited and flexion is at least to 75 degrees

### Phase II

#### Week 2 to 6:

- TTWB with crutches; brace locked at 45 degrees
  - Transition to FWB with two crutches at week 5
  - Transition to one crutch (contralateral arm) at week 6
- PROM/AAROM to tolerance
- Start BFR therapy; unless contraindicated
- Discontinue crutches by the end of week 6

**Goals:** Full ROM by week 6

#### Additional Exercises:

- Heel slides
- Prone hangs
- Joint mobs
- SLRs
- Hip strengthening exercises
- BFRT

**Progression to Phase 3** – normalized SLR (no lag) and flexion to at least 120 degrees

### Phase II

#### Week 6 to 12:

- Femoral condyle lesions – patient transitioned into unloader brace (at all times except sleeping)
- Patellofemoral lesions – patients to be transitioned into a short-hinged sleeve if prescribed

**Goal:** Maintain full ROM; improve strength/endurance/proprioception



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# Megan R. Wolf, MD

## Sports Medicine/Foot & Ankle

### Open OCD Repair or Cartiform Implantation Post-Operative Protocol

**Additional Exercises:**

- Wall slides
- Leg press (0-45 degrees)
- Progressive 3-way hip
- Progressive hamstring curls
- Stationary bike (no brace) progress resistance
- Treadmill walking
- Aquatic leg kicking and running if available

**Progression to Phase 4** – normalize full range of motion in conjunction with normal gait

**Phase IV**

**Week 12 to 25:**

**Goal:** Improve strength and endurance to prepare for functional activities

**Additional Exercises:**

- SL wall slides
- Leg press (0-90 degrees)
- Elliptical trainer and/or de-weighted running machine if available
- Balance and proprioceptive training; including balance board
- Plyometric training on soft, level surface

**Progression to Phase 5** – near symmetric thigh musculature; quad/ham strength within 90% of noninvolved limb

**Phase V**

**Week 20+:**

**Goal:** Maximize strength, endurance and proprioception

**Week 20** – Perform functional testing with provider approval (if prescribed by provider)

**Additional Exercises:**

- Initiation of linear jogging (gradual increase in distance and speed)
- Agility drills after jogging mastered
- Sports specific training after agility drills mastered

Revised \*\*\*