Connecticut Orthopaedics

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Sports Medicine/Foot & Ankle

Open OCD Repair or CartiHeal 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 isometics

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 week6
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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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 ***