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Non-Operative OCD Lesions of the knee Protocol

PHASE 1

- Knee Immobilization or Unloader Brace for 4-6 weeks
- Crutch Protected, Partial Weight Bearing Gait

PHASE 2

Patient should be Pain-free and XR performed to progress to Phase 2

- Weight Bearing as Tolerated without Immobilization
- Start PT
- ROM / Low-Impact Quadriceps and Hamstring Strengthening
- Sports / Repetitive-impact activities – **RESTRICTED**

PHASE 3

Typically about 3-4 months after treatment starts

Radiographic & Clinical Signs of Healing - MRI may be necessary

- Supervised initiation of running, jumping, cutting and sports-readiness activities
- Gradual Return to Sports

COMPLETE RESOLUTION OF SYMPTOMS TAKES TIME AND PATIENCE