



## FEMORAL OSTEOCHONDRITIS DISSECANS DRILLING

Name: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Frequency: 1 2 3 4 times / week      Duration: 1 2 3 4 5 6 Weeks

\_\_\_\_ Weeks 0-4:

- TTWB with brace set to allow full ROM
  - Remove for hygiene and PT
- PROM → AAROM → AROM progress 0-full ROM (non weight bearing)
- Heel slides, quad sets, patellar mobs, ankle pumps
- Straight leg raises (without brace when able to SLR without extension lag)

\_\_\_\_ Weeks 4-6:

- Progress 25% weight bearing each week till near full weight bearing at 6 weeks
- May d/c brace when quad strength adequate for ambulation and no extension lag
- Continue exercises from weeks 0-4

\_\_\_\_ Weeks 6-12

- Closed chain knee extension, stationary bike, weight bearing gastroc/soleus stretch
- Lunges, mini-squats, weight shifts, initiate step up program (all 0-90 degrees)
- Proprioceptive training, stationary bike use

\_\_\_\_ Weeks 12-16:

- Advance closed chain strengthening and bike exercises
- Progressive squat program; initiate step down program
- Leg press (start initially with body weight only)

\_\_\_\_ Weeks 16+:

- Begin plyometrics and sport-specific drills, jogging, running
- Gradual return to athletic activity as tolerated
- Maintenance program

Signature \_\_\_\_\_

Date: \_\_\_\_\_