

Lake Charles Memorial Health System Orthopaedic Specialists Rehabilitation Protocol: OCD Fixation

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
<u>Phase I</u> <u>0-8 weeks</u>	Heel Touch.	0-2 weeks: Locked in full extension at all times.* Off for hygiene and exercise only. Discontinue after 2 weeks.	0-90° when non-weight bearing. 0-6 weeks: use CPM 6 hours/day, advance 5-10° per day as tolerated, d/c at 6 weeks** <u>Goals:</u> 0-2 wks: 0-30° 2-4 wks: 0-60° 4-6 wks: 0-90°	0-2 weeks: Quad sets, SLR, calf pumps, passive leg hangs to 90° at home. 2-6 weeks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, SLR, side-lying hip and core.
If metal screws were used in the initial surgery, the patient will have a second surgery at 8 weeks from the first for screw removal. If biocomposite screws were used, there is not second surgery. Rehab follows the same protocol.				
<u>Phase II</u> <u>8-10 weeks</u>	Advance gradually to full.	None.	Full.	Advance Phase I exercises as tolerated. Addition to heel raises, closed chain exercises, gait normalization, eccentric quads, eccentric hamstrings, advance core, glutes and pelvic stability.
<u>Phase III</u> <u>10-12 weeks</u>	Full.	None.	Full.	Progress closed chain activities and gait training. Begin unilateral stance activities, balance training, hamstring work, hip/core/glutes Begin stationary bike at 10 weeks with low resistance as tolerated.

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<u>Phase IV</u> <u>12-16 weeks</u>	Full.	None.	Full.	Advance Phase II exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings, balance. Swimming as tolerated after 12 wks. Elliptical as tolerated after 16 wks.
<u>Phase V</u> <u>>16 weeks</u>	Full.	None.	Full.	Advance functional activity, advance to pool and elliptical as tolerated. Begin running, sport specific activity, and impact after 16 weeks, unless otherwise directed by physician.

*Patient may have soft immobilizer, hinged brace, or no brace.

*Phrases and time frame are based off of the initial surgery date.