

# Physical Therapy Prescription

<b>OSTEOCHONDRITIS DISSECANS REHABILITATION PROTOCOL</b>				
<b>TIME PERIOD</b>	<b>WEIGHT BEARING</b>	<b>RANGE OF MOTION</b>	<b>BRACE</b>	<b>EXERCISES</b>
<b>0-6 weeks</b>	Touch toe weight bearing with crutches	Work towards full ROM. Focus on re-gaining extension	None	Quad sets, straight leg raises. Stretching exercises. Patellar mobilization.
<b>6-9 weeks</b>	Wean from crutches to full weight bearing	Work towards full ROM	None	Continue previous exercises. Stretching and strengthening. Closed chain exercises.
<b>9-12 weeks</b>	Full weight bearing.	Full ROM	None	Gradually increase to return to full activities at 3 months.

**\*\*\*Begin Physical Therapy 1 week post-op**

Dane Todd, MD  
 Questions please call: # 402-488-3322  
 Fax: 402-488-3336

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

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

Side (Circled):    Right      Left

Surgery performed:

Drilling  
 ORIF  
 OATS

Physical therapy to evaluate and treat using the above protocol. 1-2x per week for 10 weeks.

Notes: \_\_\_\_\_

MD signature: \_\_\_\_\_