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## **Osteochondritis Dissecans (OCD) (Knee)**

### **Surgery:**

1-1.5 hours

Same Day Surgery (Outpatient)

Anesthesia may offer nerve block for  
pain control

### **Goals:**

Treatment varies based on size and  
stability of the OCD

Drilling vs. Re-fixation vs. Grafting

Decrease pain/Improve Function

### **General Timeline After Surgery**

0-6 weeks Post-Op –

Toe Touch Weight Bearing with Crutches.

Use of a brace and range of motion is dependent on type and location of repair

Ok to perform quad sets, straight leg raises, patellar mobilization

### **Begin Physical Therapy 2 weeks post-op**

6-9 weeks Post-Op –

Wean from crutches to full weight bearing. Work on stretching, and closed chain  
strengthening

If a brace was required, wean out of the brace

9-12 weeks Post-op –

Full weight bearing. Full range of motion

Gradually return to full activities at 3 months

**A Second Surgery May Be Required to Remove Screws Depending on the Surgery  
that was performed. This typically occurs 2-3 months after the first surgery.**

Typical post-op appointments at 2 weeks, 8 weeks, 4 months post-surgery

### **Dr. Todd's Contact Information**

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