

Bonnie P. Gregory, M.D.

Fixation of Loose Osteochondral Fragment (traumatic)

Rehabilitation Protocol

	Weight Bearing	Brace	ROM	Exercises/Strength
<i>Phase 1 0-2 Weeks</i>	NWB	Worn at all times locked in extension	No motion	Isometric quad an hamstring strengthening SLR 4 ways
<i>Phase 2 2-8 weeks</i>	NWB	Worn at all times off for PT and HEP Locked in extension	PROM as tolerated advanced to AROM as tolerated NWB	Continue to progress NWB strengthening exercises working on quad activation
<i>Phase 3 8-12weeks</i>	Begin PWB progressing to full WB gradually	Unlocked with ambulation	Full as tolerated	Begin to advance strengthening program to include CKC exercises with WB status
<i>Phase 4 3-6 months</i>	Full	D/C Brace at 12 weeks with demonstration of good quadriceps control	Full	Continue to advance strengthening program Swimming and biking ok
<i>Phase 5 6 months – Return to Sport</i>	Full	None	Full	Continue to advance strengthening Return to sport/functional type exercises

For any questions or concerns regarding the protocol or rehabilitation process please contact:

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