



## **Knee OCD repair Rehab Protocol**

### **Weeks 0-2 Protective Phase**

- Brace: 0-60
- Weight bearing: non weight bearing with crutches

#### ***ROM goals:***

Extension: full  
Flexion: 60 degrees

#### ***Therapeutic Exercises***

Strengthening: quad sets, four way SLR  
Conditioning: UBE bike  
Manual Therapy: Patellar mobilization  
Cryotherapy: 6-8 times a day for 20 minutes

### **Weeks 3-4 Motion Phase**

- Brace: 0-90
- Weight bearing: non weight bearing with crutches

#### ***ROM goals:***

Extension: full  
Flexion: 90 degrees

#### ***Therapeutic Exercises***

Strengthening: quad sets, four way SLR  
Conditioning: UBE bike  
Manual Therapy: Patellar mobilization, passive knee flexion to 90 degrees, peri-patellar soft tissue mobilization

### **Weeks 5-6 Strengthening Phase**

- Brace: unlocked
- Weight bearing: non weight bearing with crutches

#### ***ROM goals:***

Extension: full  
Flexion: 120 degrees

#### ***Therapeutic Exercises***

Strengthening: quad sets, four way SLR  
Proprioception: weight shifting, balance activities  
Conditioning: UBE bike, stationary bike less than 15 minutes with minimal resistance  
Manual Therapy: Patellar mobilization, passive knee flexion to 120 degrees, peri-patellar soft tissue mobilization



## **Weeks 7-8 Advanced Strengthening Phase**

- Weight bearing: progress to full weight bearing without crutches

### **ROM goals:**

Full

### **Therapeutic Exercises**

Strengthening: closed chain, multi plane single leg, hamstrings

Proprioception: weight shifting, balance activities, excursion testing

Conditioning: UBE bike, stationary bike

Manual Therapy: Patellar mobilization, joint mobilization

## **Weeks 9-12 Early Sport Phase**

- Weight bearing: Full

### **Therapeutic Exercises**

Strengthening: progress closed chain, multi plane single leg, hamstrings

Proprioception: weight shifting, balance activities, excursion testing

Conditioning: UBE bike, stationary bike, Elliptical, cross trainer. BEGIN straight running on treadmill

## **Months 4-6 Conditioning/Sport Phase**

### **Therapeutic Exercises**

Strengthening: progress closed chain, multi plane single leg, hamstrings

Proprioception: weight shifting, balance activities, excursion testing

Conditioning: UBE bike, stationary bike, Elliptical, cross trainer. BEGIN running outside, cutting, jumping. Ski machine.