

Bonnie P. Gregory, MD

**Drilling/Fixation of Osteochondritis Dissecans Patellar/Trochlea  
Rehabilitation Protocol**

	<b>Weight Bearing</b>	<b>ROM</b>	<b>Exercises/Strength</b>
<i>0-6 Weeks</i>	FWB as tolerated with brace locked in extension	Full as tolerated	Avoid WB ROM exercises Isometric quad and hamstring strengthening Stretching of quads, hams, and calves
<i>6 weeks – 12 weeks</i>	FWB as tolerated, wean from brace	Full symmetrical ROM to contralateral side	Progress strength training in normal fashion guided by pain and symptoms Avoid WB activities in deep knee flexion <b>NO HIGH IMPACT ACTIVITIES</b>
<i>12wks -Return to Sport</i>  <i>This phase should take time and not be rushed through and guided by radiographs and the M.D. suggestions</i>	Full		Begin running program Begin Impact strengthening Begin functional return to sport activities  Be aware of pain and symptoms, slow rehab if they are occurring

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

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