

**Bonnie P. Gregory, MD**  
**Drilling/Fixation of Osteochondritis Dissecans**  
**Rehabilitation Protocol**

	<b>Weight Bearing</b>	<b>ROM</b>	<b>Exercises/Strength</b>
<i>0-6 Weeks</i>	NWB	Full as tolerated	Avoid WB ROM exercises Isometric quad an hamstring strengthening Stretching of quads, hams, and calves
<i>6 weeks – 12 weeks</i>	Progress to full WB with M.D. consent after radiographic evaluation	Full symmetrical ROM to contralateral side	Progress strength training in normal fashion guided by pain and symptoms  <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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