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OCD Repair with Metal Screws

Patient should have scheduled second surgery to look at repair and remove screws

**no advancement of WB until screws are removed

GOAL removal time is 6-8 weeks.

Preoperative

Goals:

- Maximize ROM and progress functional strength
- Independent post operative HEP
- Independent in crutch use Non-weight bearing (NWB) including all of patient's known ambulation barriers (stairs, varied surfaces)

Treatment:

- ROM, joint mobilization
- Aquatics exercise program, Therapeutic exercise program
- Education on HEP to be initiated post operatively
- Crutch training NWB. Include training for any ambulatory barriers
- Any modalities needed for symptomatic control

Phase I:

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-8 weeks	NWB	0-2 week: Locked in full extension at all times Off for CPM and exercise only Continue brace unlocked until 2 nd surgery	0-3 weeks: Use CPM for 6 hours/day, beginning at 0-40°; advance 5-10° daily as tolerated 3-8 weeks: Advance to full ROM as tolerated	0-2 weeks: Quad sets, SLR, calf pumps, passive leg hangs to 90° at home 2-8 weeks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glut sets, SLR, side-lying hip and core

**NWB usually 6-8 weeks depending on when 2nd surgery is scheduled

ONCE Screws Removed Advance to Phase II vs Phase III below:

**if OCD healed follow Phase II, if OCD removed then advance to Phase III

PHASE II 6-8 weeks	Advance 25% weekly until full	None	Full	Advance Phase I exercises
PHASE III 8-12 weeks	Full	None	Full	Gait training, begin closed chain activities: wall sits, shuttle, mini-squats, toe raises Begin unilateral stance activities, balance training

PHASE IV 12 weeks – 6 months	Full	None	Full	Advance Phase III exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings May advance to elliptical, bike, pool as tolerated
PHASE V 6-12 months	Full	None	Full	Advance functional activity Return to sport-specific activity and impact when cleared by MD after 8 mos