



INOVA[®]

Sports Medicine

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Physical Therapy Protocol Following OATS or Fixations of OCD Lesions

Weight Bearing Status – **Non-weight bearing for 6 weeks**

Post-Op Week 0-6:

Goals:

1. Minimize swelling and pain
2. CPM to 100°
3. Achieve quadriceps control
4. Discontinue brace at 6 weeks

Brace:

1. May remove for CPM and exercises except SLRs
2. Discontinue for SLRs when good quad control is present
3. WBAT with brace locked in extension for patellofemoral lesions

Exercises:

1. PROM/AROM as tolerated
2. Stationary bike
3. Quad sets and ankle pumps
4. Patellar mobs
5. Hamstring sets and stretches
6. Adduction and gluteal sets
7. Hip strengthening
8. SLRs
9. CPM 6-8 hrs/day. Begin at 0-40° and increase by 10° daily as tolerated to 100°

Criteria before Phase 2: Good quad control

Post-Op Weeks 6-8:

Goals:

1. Minimize swelling and pain
2. Flexion to 130°
3. Discontinue brace; FWB as tolerated

Exercises:

1. Normal gait training
2. Scar and patellar mobs
3. Unilateral stance activities
4. Closed kinetic chain activities:
 - *Wall sits
 - *Shuttle
 - *Mini squats
 - *Toe raises

Criteria before Phase 3: No effusion, flexion to 130° flexion

Post-Op Weeks 8-12:

Goals:

1. Pain free full ROM
2. Progress to sport specific training
3. WBAT with normal gait pattern

Exercises:

1. Treadmill walking
2. Progress closed chain strengthening
3. Stairmaster
4. Balance activities
5. Proprioception activities

Criteria before Phase 4: No effusion, painless ROM and normal gait pattern

Post-Op Weeks 12+:

Goals:

1. Progress to sport specific training

Exercises:

1. Begin jogging after tolerating fast treadmill walking:
> 2 miles and quad strengthening > 80% of contralateral leg
2. Continue to progress closed kinetic chain strengthening
3. Sport specific training
4. Initiate plyometric program at 6 months

Criteria for release to sport(s):

1. Full ROM
2. Quad and hamstring strength 90% of contralateral side
3. No reactive effusion or instability with sport-specific drills
4. No patellofemoral symptoms
5. Normal gait