

Femoral Osteochondritis Dissecans Fixation

	Phase I: weeks 0-4	Phase II: 5-6 weeks	Phase III: weeks 7-12
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> • TTWB with crutches • Brace locked in full extension when ambulating or sleeping • Brace may be unlocked 0-90° when sitting, resting, completing PROM exercises, and for hygiene 	<ul style="list-style-type: none"> • TTWB with crutches • Brace may be unlocked to full flexion at all times including for ambulation • Brace may be removed for sleeping 	<ul style="list-style-type: none"> • Progress to WBAT 0-90° (no weight-bearing >90°) • Discontinue brace when no extension lag and quadriceps strength adequate for ambulation
Aerobic	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Stationary bike
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> • PROM → AAROM → AROM 0-90° without weight-bearing • Isometric quad sets • Heel slides • Patellar mobilization • Straight-leg raises (with brace initially but may do without brace when no extension lag) • Ankle pumps 	<ul style="list-style-type: none"> • Continue Phase I exercises 	<ul style="list-style-type: none"> • Continue Phase II exercises • Closed chain knee extension • Weight-bearing soleus and gastrocnemius stretch • Lunges • Mini-squats • Weight-shifts • Begin step-up program (0-90°) • Begin balance and proprioceptive training
Other	<ul style="list-style-type: none"> • Modalities as needed to reduce pain/swelling and for muscle re-education • Home Exercise Program (HEP) per discretion of Physical Therapist 		
Goals	<ul style="list-style-type: none"> • Pain control • Protect tissue healing • Minimize joint stiffness 	<ul style="list-style-type: none"> • Pain control • Protect tissue healing • Regain full ROM 	<ul style="list-style-type: none"> • Gait Training • Begin aerobic exercise • Begin strengthening

	Phase IV: weeks 13-16	Phase V: weeks 16+
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> • WBAT 	
Aerobic	<ul style="list-style-type: none"> • Advance stationary bike 	<ul style="list-style-type: none"> • Begin walk-jog-run progression
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> • Continue Phase III exercises • Unrestricted ROM even with weight-bearing • Advance closed-chain exercises • Begin progressive squat program • Begin step-down program • Begin leg press (starting with body weight only) 	<ul style="list-style-type: none"> • Continue Phase IV exercises • Begin plyometrics • Begin sport-specific training • Gradual return to athletic activity as tolerated • Maintenance program
Other	<ul style="list-style-type: none"> • Modalities as needed to reduce pain/swelling and for muscle re-education • Home Exercise Program (HEP) per discretion of Physical Therapist 	
Goals	<ul style="list-style-type: none"> • Advance strengthening exercises 	<ul style="list-style-type: none"> • Progress aerobic exercise • Advance to athletic and sport-specific activities as tolerated