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ORIF OCD LESION PHASE I PHYSICAL THERAPY PRESCRIPTION

Diagnosis: s/p ORIF OCD Lesion

PHASE I – REPAIR (WEEKS 0-12)

Goals:

Control post-operative pain / swelling
Range of Motion 0 ° 130°, as tolerated, no limits
Prevent Quadriceps inhibition
Normalize proximal musculature muscle strength
Independence in home therapeutic exercise program

Precautions:

Avoid weight bearing with crutches for 12 weeks
Avoid neglect of range of motion exercises

Treatment Strategies:

Active – Assistive Range of Motion Exercises (Pain-free ROM)
Towel extensions
Patella mobilization all planes
Postoperative bracing for 12 weeks postoperatively then can D/C
Quadriceps re-education (Quad Sets with EMS or EMG)
Multiple Angle Quadriceps Isometrics (Bilaterally – Submaximal, Avoid lesion)
SLR's (all planes)
Hip progressive resisted exercises
Cryotherapy
Plantar Flexion Theraband
Lower Extremity Flexibility exercises
Upper extremity cardiovascular exercises as tolerated
Home therapeutic exercise program: evaluation based
Emphasize patient compliance to home therapeutic exercise program and weight bearing progression

Criteria for Advancement:

ROM 0° ° 130°
Proximal Muscle strength 5/5
SLR (supine) without extension lag