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ORIF OCD LESION PHASE II PHYSICAL THERAPY PRESCRIPTION

Diagnosis: s/p Screw Removal

STAGE I (WEEKS 0-8)

Goals:

ROM 0° € WNL
Normal patella mobility

Precautions:

Avoid descending stairs reciprocally until adequate quadriceps control & lower extremity alignment is demonstrated
Avoid pain with therapeutic exercise & functional activities

Treatment Strategies:

Continue Progressive Weight Bearing as Tolerated / Gait Training with crutches (if needed)
Underwater treadmill system (gait training)
Gait unloader device
AAROM exercises
Patella mobilizations
Leg Press (90° € 0° arc) Bilaterally € Eccentric
Mini Squats
Retrograde treadmill ambulation
Proprioception / Balance training:
Proprioception board / Contralateral Theraband Exercises / Balance systems
Initiate Forward Step Up program
Stairmaster
SLR's (progressive resistance)
Lower extremity flexibility exercises
OKC knee extension to 40° – (pain / crepitus free arc)
Home therapeutic exercise program: Evaluation based

Criteria for Advancement:

ROM 0° € WNL
Demonstrate ability to ascend 8" step
Normal patella mobility

STAGE II (WEEKS 9-18)

Goals:

Demonstrate ability to descend 8" stairs with good leg control without pain
85% limb symmetry on Isokinetic testing & Forward Step Down Step Test
Return to normal ADL
Improve lower extremity flexibility

Precautions:

Avoid pain with therapeutic exercise & functional activities
Avoid running until adequate strength development and MD clearance

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Treatment Strategies:

Progress Squat program
Initiate Step Down program
Leg Press (90° € 0° emphasizing eccentrics)
OKC knee extensions 90° € 0° (pain / crepitus free arc)
Advanced proprioception training (perturbations)
Agility exercises (sport cord)
Elliptical Trainer
Retrograde treadmill ambulation / running
Hamstring curls / Proximal strengthening
Lower extremity stretching
Forward Step Down Test (NeuroCom)
Isokinetic Test
Home therapeutic exercise program: Evaluation based

Criteria for Advancement:

Ability to descend 8" stairs with good leg control without pain
85% limb symmetry on Isokinetic testing & Forward Step Down Test

STAGE III – Return to Sport (WEEKS 18+)

Goals:

Lack of apprehension with sport specific movements
Maximize strength and flexibility as to meet demands of individual's sport activity
Isokinetic & Hop Testing ≥ 85% limb symmetry

Precautions:

Avoid pain with therapeutic exercise & functional activities
Avoid sport activity until adequate strength development and MD clearance
Be conscious of Patellofemoral overload with increased activity level

Treatment Strategies:

Continue to advance LE strengthening, flexibility & agility programs
Forward running
Plyometric program
Brace for sport activity (MD preference)
Monitor patient's activity level throughout course of rehabilitation
Reassess patient's complaint's (i.e. pain / swelling daily – adjust program accordingly)
Encourage compliance to home therapeutic exercise program
Home therapeutic exercise program: Evaluation based

Criteria for Discharge:

Isokinetic & Hop Testing ≥ 85% limb symmetry
Lack of apprehension with sport specific movements
Flexibility to accepted levels of sport performance
Independence with gym program for maintenance and progression of therapeutic exercise program at discharge