

# Osteochondral Defect ORIF (Femoral Condyle)



Name: \_\_\_\_\_

Dr: Chris LaPrade, M.D.

Date: \_\_\_\_\_

● = Do exercise for that week

**Week**

**ROM RESTRICTIONS**

0-90 deg x 2 weeks then gradually progress

**BRACE SETTINGS**

Immobilizer x 6 weeks

**Weight Bearing status**

NWB x 6 weeks

**TIME LINES**

Week 1(1-7POD)  
Week 2(8-14POD)  
Week 3(15-21POD)  
Week 4(22-28POD)

Initial Exercises	1	2	3	4	5	6	7	8	9	10	16	20	26	32	
Ankle Pumps	●	●	●	●	●	●	●	●							
Calf stretch with belt	●	●	●	●	●	●	●	●							
Heel prop for extension	●	●	●	●	●	●	●	●							
Patella/Tendon mobilizations	●	●	●	●	●	●	●	●							
Seated hamstring stretch	●	●	●	●	●	●	●	●							
Seated heel slide ROM	≤90°		≤120°		Progress ROM and stretch positions										
ROM GOALS	Full extension by 2 weeks Flexion ≈90° by 2 wks, 120° by 6 wks, Full ROM by 12 wks														
Isolated Quad strength progressions	0° ISO, SLR		SAQ 40-0°, TKE			Resisted arc gradually per symptoms									
Hamstring strength progressions	ISOs			Progression of hip & knee based PREs											
Bridges (knees extended over ball)			●	●	●	●	●	●	●	●	●	●	●	●	
SLR x 3 directions (ADD, ABD, Ext)			●	●	●	●	●	●	●	●	●	●	●	●	
50% BW weight shifting x 30 reps TID					●	●	●								
<b>Cardiovascular Exercises</b>	1	2	3	4	5	6	7	8	9	10	16	20	26	32	
Stationary Bike				ROM only			Gradually progress as tolerated								
Swimming (flutter kick)				NWB				●	●	●	●	●	●	●	
Aquajogging				NWB				●	●	●	●	●	●	●	
Walk, Elliptical				NWB			≥8 weeks								
Row, Stair-stepper				NWB			≥10 weeks								
<b>*NOTE FOR CARDIO</b>	Must tolerate daily walking with no limp & no significant increase in pain/swelling prior to initiating WB cardio (walk, elliptical, stepper)														
<b>Weight Bearing Strength</b>	1	2	3	4	5	6	7	8	9	10	16	20	26	32	
Crutch weaning						●	●	●							
Calf raises							●	●	●	●	●	●	●	●	
Marching into brief SLS							●	●	●	●	●	●	●	●	
SLS balance progressions							●	●	●	●	●	●	●	●	
Squats/Leg Press (ISO→Reps, 2→1 leg)						NWB			≤70°		Gradually progress depth & load				
Shift & hold isometric over step								●	●	●	●	●	●	●	
Band resisted directional stepping										●	●	●	●	●	
Squat/Step/Lunge Progressions										Gradually progress					
<b>Note: squat/step/lunge progressions</b>	Gradually progress depth & external load per joint irritability (no increased soreness (>4/10) or swelling >24 hours after exercise)														
<b>High Level Activities</b>	1	2	3	4	5	6	7	8	9	10	16	20	26	32	
Golf													●	●	
Outdoor biking, hiking, snowshoeing													●	●	
TRAC Testing	Baseline Test @ 4 months, Follow-up test @ 7 months														

ISO = isometric, PRE = progressive resistance exercise, KF = knee flexion, LAQ = long arc quad, SAQ = short arc quad, SLR = straight leg raise, TID = 3 times/day, TKE = band-resisted terminal knee

**\*\*NMES & BFR encouraged (per any contraindications)\*\***

**\*No high impact activities x 5-6 months per symptoms & progress with PT programming\***