OCD FIXATION
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-8 weeks	Heel touch	**0-2 weeks:** Locked in full extension at all times* Off for hygiene and exercise only Discontinue after 2 wks *unless otherwise instructed	0-90° when non-weight bearing **0-6 wks:** use CPM 6 hours/day, advance 5-10 degrees/day as tolerated, d/c at 6wks** Goals: 0-2 wks: 0-30 2-4 wks: 0-60 4-6 wks: 0-90	**0-2 weeks:** Quad sets, SLR, calf pumps, passive leg hangs to 90° at home **2-6 weeks:** PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, SLR, side-lying hip and core
*****If metal screws were used in initial surgery, patient will have a second surgery at 8 weeks from first for screw removal. If biocomposite screws were used, there is no second surgery. Rehab follows the same protocol*****				
PHASE II 8-10 weeks	Advance gradually to full	None	Full	Advance Phase I exercises as tolerated Addition of heel raises, closed chain exercises, gait normalization, eccentric quads, eccentric hamstrings; advance core, glutes and pelvic stability
PHASE III 10-12 weeks	Full	None	Full	Progress closed chain activities and gait training Begin unilateral stance activities, balance training, hamstring work, hip/core/glutes Begin stationary bike at 10 wks with low resistance as tolerated
PHASE IV 12 weeks –16 weeks	Full	None	Full	Advance Phase II exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings, balance Swimming as tolerated after 12 weeks Elliptical as tolerated after 16 weeks
PHASE V >16 weeks	Full	None	Full	Advance functional activity, advance to pool and elliptical as tolerated Begin running, sport specific activity, and impact after 16 weeks, unless otherwise directed by MD

*Patient may have soft immobilizer, hinged brace, or no brace

****Phases and time frame are based off the initial surgery date*

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