

OCD FIXATION REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-8 weeks	Heel touch	<p>0-2 weeks: Locked in full extension at all times*</p> <p>Off for hygiene and exercise only</p> <p>Discontinue after 2 wks</p> <p>*unless otherwise instructed</p>	<p>0-90° when non-weight bearing</p> <p>0-6 wks: use CPM 6 hours/day, advance 5-10 degrees/day as tolerated, d/c at 6wks**</p> <p>Goals: 0-2 wks: 0-30 2-4 wks: 0-60 4-6 wks: 0-90</p>	<p>0-2 weeks: Quad sets, SLR, calf pumps, passive leg hangs to 90° at home</p> <p>2-6 weeks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, SLR, side-lying hip and core</p>
<p>***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***</p>				
PHASE II 8-10 weeks	Advance gradually to full	None	Full	<p>Advance Phase I exercises as tolerated</p> <p>Addition of heel raises, closed chain exercises, gait normalization, eccentric quads, eccentric hamstrings; advance core, glutes and pelvic stability</p>
PHASE III 10-12 weeks	Full	None	Full	<p>Progress closed chain activities and gait training</p> <p>Begin unilateral stance activities, balance training, hamstring work, hip/core/glutes</p> <p>Begin stationary bike at 10 wks with low resistance as tolerated</p>
PHASE IV 12 weeks – 16 weeks	Full	None	Full	<p>Advance Phase II exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings, balance</p> <p>Swimming as tolerated after 12 weeks</p> <p>Elliptical as tolerated after 16 weeks</p>
PHASE V >16 weeks	Full	None	Full	<p>Advance functional activity, advance to pool and elliptical as tolerated</p> <p>Begin running, sport specific activity, and impact after 16 weeks, unless otherwise directed by MD</p>

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

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