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**New York, NY 10021**

**REHAB PROTOCOL: Repair of Medial Femoral Condyle OCD Lesion**

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

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

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Phase I (0-2 weeks):**

- **Weightbearing:** NWB using crutches as assistive devices
- **ROM:** AROM/AAROM/PROM as tolerated
  - Goals: 0-60 degrees
- **Exercises:**
  - Patellar mobilization, quad sets, SLR

**Phase II (2-6 weeks):**

- **Weightbearing:** NWB using crutches as assistive devices
- **ROM:** AROM/AAROM/PROM as tolerated
  - Goals: 0-90 degrees
- **Exercises:**
  - Patellar mobilization, quad sets, SLR, passive knee flexion

**Phase III (6-8 weeks):**

- **Weightbearing:** PWB (25-50%) using crutches as assistive devices
- **ROM:**
  - Goal: Full ROM
- **Exercises:**
  - May start stationary bike, patellar mobilization, quad sets, SLR
  - Gentle strengthening and proprioception

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**Phase IV (8-12 weeks):**

- **Weightbearing:** Progress to WBAT
- **ROM:** Full ROM
- **Exercises:**
  - Start closed chain strengthening, hamstring exercises
  - Elliptical, cross trainer, treadmill walking

**Phase IV (3-6 months):**

- **Weightbearing:** WBAT
- **ROM:** Full ROM
- **Exercises:**
  - May start treadmill jogging
  - Continue with quad/hamstring/core strengthening
  - **Return to sports at 6 months (if cleared)**

**Frequency:** \_\_\_\_\_ times per week

**Duration:** \_\_\_\_\_ weeks

**Signature:** \_\_\_\_\_

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