



Indiana University Health

Trevor Call, DO
Indiana University Health Physicians
Sports Medicine and Arthroscopic Surgery
IU Health West Hospital – 1115 Ronald Reagan Pkwy #148, Avon, IN 46123
Phone: 317-944-9400
Eskenazi Health – 720 Eskenazi Ave, Indianapolis, IN 46202
Phone: 317-880-3737

Knee Osteochondritis Dissecans (OCD) or Osteochondral Lesion (OCL) Repair *(Updated 5/2025)*

General Post Op Instructions

Wound Care	<ul style="list-style-type: none">✓ Dressings can be removed 2 days after surgery, or they can be removed at the first physical therapy appointment✓ If desired, incisions may be covered with simple dressings (band-aids)
Swelling	→ Swelling and bruising are to be expected after a surgical procedure
Ice and Elevate	<ul style="list-style-type: none">✓ Ice 20 minutes on 20 minutes off, several times a day to help with swelling✓ Do not place ice or cold back directly onto the skin✓ Elevate the limb above the heart when able
Showering	<ul style="list-style-type: none">→ Do not soak incisions in water until after stitches are removed→ You may begin to shower 2 days after surgery after dressings are removed<ul style="list-style-type: none">○ Allow soapy water to run over the incision but do not scrub○ Dry, apply band-aids if needed
Driving	<ul style="list-style-type: none">✓ Dr. Call does not release patients to drive at a specific date or week post op✓ It is unlawful to drive under the influence of opioid (strong pain) medications✓ Must be able to safely apply the brakes before returning to drive✓ Driving in a brace/sling/boot is not recommended

Weight Bearing Restrictions and Brace Use

OCD or OCL Arthroscopic or Open reduction internal fixation (ORIF)	
Week 1-2	<ul style="list-style-type: none">✓ Flat foot up to 25% weight bearing in brace locked in extension✓ Brace locked in full extension, to be removed for hygiene and therapy only
Weeks 3-4	<ul style="list-style-type: none">✓ Flat foot up to 25% weight bearing in brace locked in extension✓ Brace unlocked to 90 degrees flexion for sitting
Weeks 5	<ul style="list-style-type: none">✓ 50% weight bearing with brace unlocked✓ Brace unlocked to full✓ May DC brace for sleep
Week 6 +	<ul style="list-style-type: none">✓ 75% weight bearing → WBAT✓ DC brace after WBAT, ambulating well without crutches, and has good quad strength



Indiana University Health

Trevor Call, DO
Indiana University Health Physicians
Sports Medicine and Arthroscopic Surgery
IU Health West Hospital – 1115 Ronald Reagan Pkwy #148, Avon, IN 46123
Phone: 317-944-9400
Eskenazi Health – 720 Eskenazi Ave, Indianapolis, IN 46202
Phone: 317-880-3737

Immediate Post Operative Phase (up to week 4)

Overall Goals	✓ Reduce swelling, effusion
Cautions	→ Follow weight bearing restrictions
Range of Motion	✓ Passive and Active Assisted ROM ✓ Achieve full extension as soon as possible ✓ Achieve 90 degrees of flexion by end of week 4
Therapeutic Suggestions	→ Patellar mobilization → Quad activation → Quad sets including 4-way SLR in brace → Heel slides → Upper body exercise bike (UBE) permitted
Progression Ready to Next Phase	✓ Pain free ROM ✓ Minimal to know effusion <i>If not all goals are met, patient may progress to the next phase with intervention plan in place to address deficiencies</i>

Intermediate Rehabilitation Phase (Weeks 5 – 8)

Overall Goals	✓ Improve motion and quad function
Cautions	→ Continue to emphasize home exercises
Range of Motion	✓ Begin AROM ✓ Achieve full flexion by end of week 6
Therapeutic Suggestions	→ Stationary cycling if flexion and swelling and pain allows → Progress quadriceps strengthening → Begin hip strengthening → Gait training → Begin proprioception activities of weight shifting, balance → Initiate light closed chain activities
Progression Ready to Next Phase	✓ Full ROM ✓ Good quad control



Indiana University Health

Trevor Call, DO
Indiana University Health Physicians
Sports Medicine and Arthroscopic Surgery
IU Health West Hospital – 1115 Ronald Reagan Pkwy #148, Avon, IN 46123
Phone: 317-944-9400
Eskenazi Health – 720 Eskenazi Ave, Indianapolis, IN 46202
Phone: 317-880-3737

Advance Strengthening Phase (Weeks 9 – 12)

Overall Goals	✓ Progress strengthening
Cautions	→ Prepare for hardware removal (if metal screws used for ORIF)
Range of Motion	✓ Full AROM
Therapeutic Suggestions	<ul style="list-style-type: none">→ Begin unilateral stance, balance training→ Progress hip, glutes, quad, hamstring strengthening→ Advance closed chain exercises such as wall sits, mini squats→ Stationary cycling permitted→ Add treadmill walking
Progression Ready	✓ Demonstrates reliable progress with exercises

Late Rehabilitation and Strengthening Phase (Week 13 – 24+)

Overall Goals	<ul style="list-style-type: none">✓ Reduce swelling and inflammation if hardware removal performed✓ Progress functional activity
Cautions	<ul style="list-style-type: none">→ If metal screws were used for fixation, hardware removal will likely done 12-14 weeks post op→ Emphasize importance of home exercises
Range of Motion	✓ Full unrestricted ROM
Therapeutic Suggestions	<ul style="list-style-type: none">→ Post hardware removal rehab<ul style="list-style-type: none">○ Patellar mobilizations○ Reduce effusion○ Rapid return to pre-hardware removal exercises once skin incisions have healed○ Achieve full ROM○ WBAT with crutches for 2 weeks→ Begin antigravity treadmill jogging→ Core and trunk strengthening→ Add elliptical→ Continue previous exercises→ Week 16: begin agility training→ Week 20: add low amplitude landing mechanics<ul style="list-style-type: none">○ Med ball squat catches, shallow jump landings, etc
Return to Sports	✓ 6 months post op if functionally able