

## OCD Fixation Rehabilitation Protocol

Dr. David Hartigan

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<b>PHASE I</b> 0-8 weeks	Heel touch	<b>0-2 weeks:</b> 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  <b>0-6 wks:</b> 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	<b>0-2 weeks:</b> Quad sets, SLR, calf pumps, passive leg hangs to 90° at home  <b>2-6 weeks:</b> PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, SLR, side-lying hip and core
<b>***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***</b>				
<b>PHASE II</b> 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
<b>PHASE III</b> 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
<b>PHASE IV</b> 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
<b>PHASE V</b> >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