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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY PROTOCOL – Juvenile Osteochondral Lesion Drilling

Phase I: 0-2 weeks

- Edema and pain control
- Weight bearing status: NWB and crutches
- ROM: 0 degrees
- Brace: locked in extension at all times
- Exercises: patellar mobs, gastroc/soleus stretch, calf pumps

Phase II: 2-6 weeks

- WB status: NWB and crutches
- ROM:
 - o Progress to full
- Brace:
 - o unlocked
- Exercises: Phase I + straight leg raises, hip/glutes/core, encourage active knee flexion/extension daily without resistance

Phase III: 6-12 weeks

- WB status: partial weight bearing with crutches
- ROM: full
- Brace: unlocked
- Exercise: Continue Phase II

Phase IV: 3-6 months

- WB status: full without brace
- ROM: full
- Brace: none
- Exercise: Phase III + pool work, elliptical, biking

Phase V: > 6 mo

- Return to sport when cleared by MD
- Will continue to assess healing on imaging