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### Osteochondritis Dissecans (Knee)

#### Surgery:

- 1-2 Hours Long
- Same Day Surgery
- Anesthesia may offer & recommend a nerve block for pain control

#### Surgical Goals:

- Treatment varies depending on size & stability of the lesion
- Final decision of surgical management is done at time of surgery (drilling vs. re-fixation vs. graft procedure)
  - Decrease Pain/Improve Function

#### General Timeline After Surgery:

- 0-6 weeks Post-Op: Toe touch weight bearing with crutches. In immobilizer brace for the first week after surgery with ambulation. Can come out of the brace to work on full range of motion while sitting or lying down. Okay to perform exercises including: quad sets, straight leg raises, patellar mobilizations & stretching
    - **Start formal Physical Therapy 2 weeks after surgery date**

**(Find a physical therapist that's close to home and covered by insurance)**
  - 6-9 weeks Post-Op: Begin weaning off of crutches unless otherwise notified. Full range of motion. Okay to add in more stretching and strengthening exercises, but no impact activity
    - 9-12 weeks Post-Op: Full weight bearing without crutches. Gradually increase to full activities at 3 months post-op as long as x-rays demonstrate proper healing
      - New X-Rays are taken at every post-op visit to monitor healing
  - **Typical Post-Op Appointments: 2 weeks, 3 months, 6 months, and 1 year out from surgery**
- \*\*If the OCD lesion requires screw re-fixation, a hardware removal surgery takes place between 6-12 weeks after the original surgery date\*\***

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