



Mid-America Orthopedics

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SCREW FIXATION OF OCD LESION PROTOCOL

Day 1-2

Begin Physical Therapy.

- **ROM:** As tolerated to full
- **Strengthening:** Quad sets, SLR.
- **Weight bearing:** NWB

Months 0-3

- **Weight Bearing:** NWB for 3 months
- **ROM Brace:** Unlocked in ROM brace for 3 months
- **ROM:** As tolerated to full
- **Strengthening:** Strengthening as tolerated in NWB positions

Progression After 3 Months

- X-rays will be done at 3 months. If healing well will remove hardware through scope.

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.