

**Osgood-Schlatter Disease:**  
**Ossicle removal with patellar tendon repair**



Post-op protocol for ***Daniel Myer, M.D.***

Brace:		<ul style="list-style-type: none"> <li>• Immediate: WBAT with immobilizer / brace locked</li> <li>• Progress out of brace as timeline and quad control improves</li> </ul>
Phase I: Immobilization	Week 0-1	<ul style="list-style-type: none"> <li>• WBAT with immobilizer / brace locked</li> <li>• Patellar mobs, quad sets</li> <li>• Sleep with brace locked straight</li> </ul>
Phase II: A/P ROM	Week 2-3	<ul style="list-style-type: none"> <li>• Ok to remove brace for sleeping</li> <li>• OK to unlock brace to get into car</li> <li>• WBAT brace locked straight</li> <li>• NWB ROM heel slides               <ul style="list-style-type: none"> <li>Week 2: 0-45 Active flexion with passive extension (ok to engage some active extension if not painful)</li> <li>Week 3: 0-90</li> </ul> </li> <li>• Continue patellar mobs, quad sets</li> <li>• SLR in brace as comfort allows</li> </ul>
Phase III: Ambulation	Week 4-5	<ul style="list-style-type: none"> <li>• Continue patellar mobs, quad sets</li> <li>• SLR out of brace</li> <li>• Stationary bike</li> <li>• WBAT with brace unlocked               <ul style="list-style-type: none"> <li>Week 4: 0-45 unlocked</li> <li>Week 5: 0-90 unlocked (d/c as pain allows)</li> </ul> </li> </ul>
Return to activities:	4 weeks	Stationary bike
	5 weeks	Ambulation without brace
	6-8 weeks	Increase bike resistance / Elliptical as pain allows
	3 months	Begin running program
	4-6 months	Return to sport program

Special Notes: