



Pediatric Orthopedic and Scoliosis Center
Rehabilitation Medicine Center

Rehabilitation prescription for:

Patient label

Dr. Tysklind's Trochlear OCD PT Protocol

Diagnosis: R / L

Procedure date:

S/P:

WEEK											MONTH				
	1	2	3	4	5	6	7	8	9	10		3	4	5	6
<i>PHASE 1 EXERCISES</i>															
Extension/Flexion sitting prone	●	●	●	●	●	●	●	●	●	●		●	●	●	●
Quad sets with straight leg raises	●	●	●	●	●	●	●	●	●	●					
Hamstring sets	●	●	●	●	●	●	●	●	●	●					
Patella Mobs/Quad patellar tendon	●	●	●	●	●	●	●	●	●	●					
Wall slides					●	●	●	●	●	●					
Toe and heel raises			●	●	●	●	●	●	●	●		●	●	●	●
<i>MUSCLE STRETCHES</i>															
Sit and Reach for Hamstrings			●	●	●	●	●	●	●	●		●	●	●	●
Lying Rectus			●	●	●	●	●	●	●	●		●	●	●	●
Stork Stand for Quadriceps						●	●	●	●	●		●	●	●	●
Runners stretch for calf and achilles			●	●	●	●	●	●	●	●		●	●	●	●
<i>CARDIOVASCULAR EXERCISES</i>															
Bike with Both Legs			●	●	●	●	●	●	●	●		●	●	●	●
Aquajogging						●	●	●	●	●		●	●	●	●
Swimming										●		●	●	●	●
Elliptical trainer								●	●	●		●	●	●	●
Rowing						●	●	●	●	●		●	●	●	●
Stair Stepper								●	●	●		●	●	●	●
Treadmill						●	●	●	●	●		●	●	●	●
<i>PHASE 2 SPORT CORD EXERCISES</i>															
Double Knee Bends (knee not over foot)							●	●	●	●		●	●	●	●
Carpet Drags							●	●	●	●		●	●	●	●
Forward backward jogging										●		●	●	●	●
Side to side agilities										●		●	●	●	●
<i>PHASE 3 WEIGHTS</i>															
Leg press down to 90 degrees				●	●	●	●	●	●	●		●	●	●	●

Leg curls				•	•	•	•	•	•	•		•	•	•	•
Ab/Adduction				•	•	•	•	•	•	•		•	•	•	•
Balance squats							•	•	•	•		•	•	•	•
Knee extension pain-free arc				•	•	•	•	•	•	•		•	•	•	•
NO LUNGES															
PHASE 4 HIGH LEVEL EXERCISES															
Biking outdoors											•	•	•	•	•
Rollerblading												•	•	•	•
Running												•	•	•	•
Skiing, basketball, tennis, football, soccer															•
Golf												•	•	•	•
Agility Exercises															•
Trail Riding												•	•	•	•

Additional Instructions:

Weight bearing:

TDWB (toe touch only) with crutches weeks 0-2 post-op

WBAT 2-6 weeks post op

Brace: Hinged knee brace locked in extension for ambulation 0-6 weeks

When not ambulating:

Weeks 0-2: 0-30 degrees

Weeks 2-4: 0-60 degrees

Weeks 4-6: 0-90 degrees

Robert G. Tysklind, MD

Date