



Osteochondral autograft transplantation for Osteochondritis dissecans (OCD) Post Operative Rehabilitation Protocol

Following Surgery:

- Expect a protective posterior splint and sling to be worn during any activity.
- Finger, hand, and wrist motion encouraged.
- Elevate and ice for at least 3 days.
- Continue to elevate as often as possible until your next clinic visit. (Elevate above your heart.)
- Shower with a plastic bag covering the splint and tightly seal with tape.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.

10-14 Days Post Op:

- Follow up appointment in clinic with P.A. or Surgeon.
- Sutures and splint will be removed.
- Discontinue sling as tolerated.
- Begin therapy visits to work on elbow extension, flexion, pronation (palm down), and supination (palm up), as well as gentle active and active-assisted Range of Motion (ROM) exercises of the elbow.

4 Weeks Post Op:

- Follow up appointment in clinic with P.A. or Surgeon.
- Begin gentle passive ROM exercises.

8 Weeks Post Op:

- Follow up appointment in clinic with P.A. or Surgeon.
- Initiate light strengthening exercises, beginning with isometrics and continuing on to resisted strengthening exercises.

4-6 Months Post Op:

- Progressively increase activities as directed by Surgeon.
- May need to protect against lifting full loads, throwing, etc... for 1-2 years!

DONOR SITE:

- Using a crutch may be helpful for the first 2-3 days, then full weight bear as tolerated.
- Keep the dressings clean and dry, ice and elevate above your heart level as much as possible.
- May remove the dressings in 3-5 days.