Osteochondritis Dissecans

Weeks 1-2



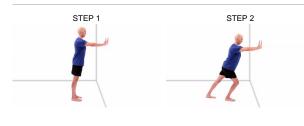
<u> </u>		
STEP 1	STEP 2	Long Sitting Quad Set
		REPS: 10 SETS: 3 DAILY: 1 WEEKLY: 7
		Setup Regin citting upright on the floor with one log loving straight and your other know bort
		Begin sitting upright on the floor with one leg laying straight and your other knee bent. Movement
	hand to	Straighten your leg, pushing your knee toward the floor, and hold.
		Tip
		Make sure to keep your back straight during the exercise.
STEP 1	STEP 2	Sitting Heel Slide with Towel
		REPS: 10 SETS: 3 DAILY: 1 WEEKLY: 7
D.	and the second s	Setup
	B.	Begin sitting with your knees straight and a towel looped around one foot, holding the ends in
		both hands.
		Movement
		Use the towel to gently bend your knee until a stretch is felt. Hold, and then slide your heel
		forward into the starting position and repeat.
		Tip Make sure that your leg does not rotate in or out as you bend your knee.
STEP 1	STEP 2	Active Straight Leg Raise with Quad Set
		REPS: 10 SETS: 3 DAILY: 1 WEEKLY: 7
		Setup
		Begin lying on your back with one knee bent and your other leg straight
		Movement
		Squeeze the thigh muscles in your straight leg and flex your foot, then slowly lift your leg until
		parallel with your other thigh. Lower your leg back to the starting position and repeat.
		Tip Make over to keep your back flat areiget the flace during the oversion
		Make sure to keep your back flat against the floor during the exercise.
STEP 1	STEP 2	Prone Hip Extension
		REPS: 10 SETS: 3 DAILY: 1 WEEKLY: 7
		Setup
		Begin by lying on your stomach with both legs stretched straight behind you.
		Movement
		Slowly lift one leg upward as far as you can without arching your low back, then lower it back
		the starting position.
		Тір
		Make sure to keep your knee straight and trunk steady during the exercise.
STEP 1	STEP 2	Sidelying Hip Abduction
		REPS: 10 SETS: 3 DAILY: 1 WEEKLY: 7
		Setup
		Begin lying on your side with your top leg straight and your bottom leg bent.
		Movement
		Lift your top leg up toward the ceiling, then slowly lower it back down and repeat.
		Tip
		Make sure to keep your leg straight and do not let your hips roll backward or forward during the
		exercise.

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STEP 1	STEP 2	Sidelying Hip Adduction
		REPS: 10 SETS: 3 DAILY: 1 WEEKLY: 7 Setup
		Begin by lying on your side with one knee bent and your foot resting in front of your other leg.
		Movement Slowly lift your straight leg towards the ceiling, then lower it back to the starting position.
		Tip
		Do not let your hips roll backward or forward during the exercise.
STEP 1	STEP 2	Supine Short Arc Quad
		REPS: 10 SETS: 3 DAILY: 1 WEEKLY: 7
	L	Setup Begin lying on your back with a towel roll under one knee with your heel resting on the ground.
		Movement
		Tighten the muscles in your upper leg to straighten your knee, hold, then return to the start and
		repeat. Tip
		Make sure to keep your back flat against the floor as you move your leg.
STEP 1	STEP 2	
	STEP 2	Standing Knee Flexion REPS: 10 SETS: 3 DAILY: 1 WEEKLY: 7
		Setup
		Begin in a standing upright position in front of a counter or stable surface for support with your
		surgical leg slightly bent and your toes resting on the ground.
3		Movement Slowly bend your knee, lifting the foot of your surgical leg off the ground. Hold briefly, then retu
		to the starting position and repeat.
		Tip
		Make sure to maintain an upright posture and keep your movements slow and controlled.
STEP 1	STEP 2	Standing Heel Raise
		REPS: 10 SETS: 3 DAILY: 1 WEEKLY: 7
		Setup
	No. Contraction of the second se	Begin in a standing upright position with your feet shoulder width apart. Movement
		Slowly raise both heels off the ground at the same time, then lower them down to the floor.
		Tip
Veeks 3-4		Make sure to keep your upper body still and avoid gripping with your toes.
STEP 1	STEP 2	Prone Quadriceps Stretch with Strap
		REPS: 3 SETS: 1 HOLD: 20 SECOND DAILY: 1 WEEKLY: 7
		Setup
		Begin lying on your front with your legs straight, holding the end of a strap that is looped aroun one foot.
		Movement
		Pull the end of the strap over your shoulder on the same side of your body, bending your knee until you feel a gentle stretch in your thigh.
		Tip
		Do not let your low back arch during the stretch.

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Clamshell

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Supine Hamstring Stretch

Gastroc Stretch on Wall

Wall Quarter Squat

wall during the exercise.

Setup

Tip

Setup

Tip

Setup

Movement

position. Tip

Movement

Movement

REPS: 3 | SETS: 1 | HOLD: 20 SECOND | DAILY: 1 | WEEKLY: 7

Begin lying on your back with one leg straight and the other leg bent.

Make sure to keep your back flat on the floor during the stretch.

Begin in a standing upright position in front of a wall.

you feel a stretch in the calf of your back leg and hold.

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Begin standing upright in front of a wall.

REPS: 3 | SETS: 1 | HOLD: 20 SECOND | DAILY: 1 | WEEKLY: 7

straighten your knee until you feel a stretch in the back of your thigh and hold.

Bring your knee toward your chest and grab the back of your thigh with both hands. Slowly

Place your hands on the wall and extend one leg straight backward, bending your front leg, until

Make sure to keep your heels on the ground and back knee straight during the stretch.

Lean back into a squat against the wall with your knees bent to 45 degrees, and hold this

Make sure your knees are not bent forward past your toes and keep your back flat against the

Setup

Begin lying on your side with your knees bent and your hips and shoulders stacked.

Movement

Engage your abdominals and raise your top knee up toward the ceiling, then slowly return to the starting position and repeat.

Tip

Make sure to keep your core engaged and do not roll your hips forward or backward during the exercise.



Lateral Step Down

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin by standing on a platform or step with one leg hanging off the edge.

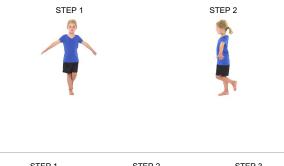
Movement

Maintaining an upright position, bend at your knee and hip, slowly lowering your foot to the ground, then return up to the starting position and repeat.

Tip

Make sure not to let your trunk bend forward or your knee collapse inward as you lower your foot to the ground.







Weeks 5-6



STEP 1 STEP 2



Single Leg Balance

REPS: 5 | SETS: 1 | HOLD: 30 SECOND | DAILY: 1 | WEEKLY: 7

Setup Begin standing tall.

Movement

Lift one leg off the ground and keep your balance.

Тір

Make sure to stand tall and control your balance during the exercise. For an extra challenge, stand on one leg with your eyes closed.

Side Stepping with Resistance at Feet

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a resistance band looped around your ankles.

Movement

Slowly step sideways, maintaining tension in the band. Repeat in the opposite direction.

Tip

Make sure to keep your feet pointing straight forward and do not lean your torso to either side as you step.

Standard Lunge

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with your hands resting on your hips and your feet shoulder width apart. **Movement**

Keeping your trunk upright, step forward and lower your body toward the ground into a lunge position, then carefully return to the starting position. Repeat with the other leg.

Тір

Make sure to keep your trunk steady. Do not let your front knee collapse inward or move forward past your toes as you lunge.

Forward T

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your hands resting at your waist.

Movement

Balancing on one leg, bend at your hips and slowly tilt your body forward while extending the other leg backward, then return to the starting position and repeat.

Тір

Make sure to keep your back straight, and don't let your knee collapse inward during the exercise.

Mini Squat

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

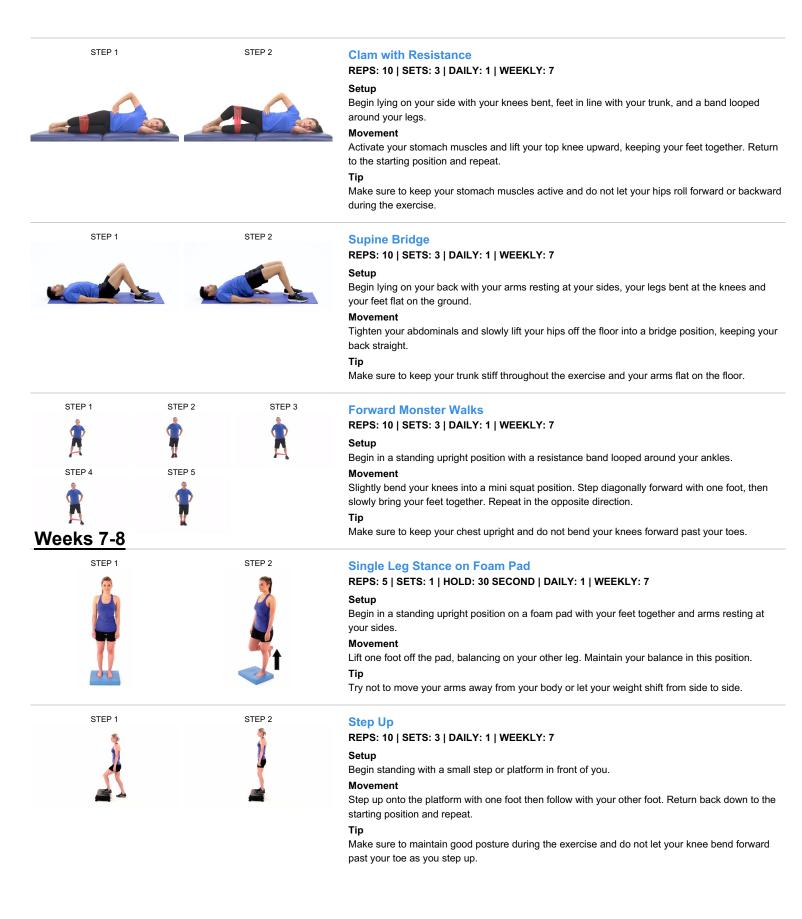
Setup

Begin in a standing upright position, with your feet slightly wider than shoulder width apart. **Movement**

Bend your knees and hips into a mini squat position, then straighten your legs and repeat. **Tip**

Make sure to keep your back straight and do not let your knees bend forward past your toes.





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STEP 1	STEP 2	Squat REPS: 10 SETS: 3 DAILY: 1 WEEKLY: 7
		Setup
		Begin standing upright with your feet slightly wider than shoulder width apart.
	7	Movement
	•	Bending at your knees and hips, squat down until your knees are close to a 90 degree angle, th straighten your legs and repeat.
		Тір
		Make sure to keep your back straight and do not let your knees bend forward past your toes.
STEP 1	STEP 2	Single Leg Lunge with Foot on Bench
		REPS: 10 SETS: 2 DAILY: 1 WEEKLY: 7
		Setup
		Begin in a wide staggered stance position with your back foot resting on a bench.
T L		Movement
1	<u> </u>	Bend your front knee, lowering your body into a lunge position, then return to standing and repeat.
		Тір
		Make sure to keep your abdominals tight and do not let your knee move forward past your toe of collapse inward during the exercise.
STEP 1	STEP 2	Lateral Single Leg Lunge Jumps
	•	REPS: 10 SETS: 2 DAILY: 1 WEEKLY: 7
12	N.	Setup
		Begin in a standing upright position.
	*	Movement
		Alternate taking small hops from one foot to the other, then continue increasing the distance of each hop until they are jumps, landing on each leg in a lunge position.
		Тір
		Make sure to keep your weight in your heels, focus on making your landings as soft as possible
		and maintain control during the exercise. Do not let your knee move forward past your toe as your land.
STEP 1	STEP 2	Single Leg Bridge
		REPS: 10 SETS: 2 DAILY: 1 WEEKLY: 7
		Setup
		Begin lying on your back with both knees bent and your feet resting on the floor.
		Movement
		Straighten one leg, keeping it in line with your other leg, then tighten your abdominals and lift your

hips off the floor into a bridge position. Then lower yourself back down, and repeat. Tip

Make sure to keep your abdominals tight and do not let your hips rotate during the exercise.

