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Juvenile OCD Stable Lesion Protocol:

Nonoperative Treatment Knee Juvenile OCD: The patient has been diagnosed with Juvenile OCD with a stable lesion and open femoral physis. Treatment will encompass 3 phases. Phase 1 involves knee immobilization for 4-6 weeks with crutch protected PWB. At the end of this period the patient should be pain free, repeat XRs should be obtained. Phase 2 (weeks 6-12) allows for FWB without immobilization. PT is begun with an emphasis on ROM and low impact quad and hamstring strengthening. Sports are restricted. If there is XR and clinical evidence of healing at 3 to 4 months phase 3 may begin. Phase 3 includes supervised initiation of running, jumping and cutting sports readiness activities. A gradual return to sports is allowed in the absence of knee symptoms during phase 3. An MRI should be repeated during phase 3 to assess healing.