Physical Therapy Management of Patients with Osteochondritis Dissecans: A Comprehensive Review

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INTRODUCTION

Osteochondritis dissecans (OCD) refers to a lesion or injury of the subchondral bone, which may or may not involve the integrity of articular cartilage. It has most recently been defined as a focal idiopathic alteration of subchondral bone with risk for

KEY POINTS

Physical therapy management of osteochondritis dissecans can incorporate a full spectrum of conservative, nonoperative, and postoperative care.

Rehabilitation interventions can vary based on factors such as the lesion characteristics, lesion location, articular cartilage involvement, skeletal maturity of the patient, presenting impairments at the time of evaluation, and concomitant injury.

It is the responsibility of the rehabilitation professional to address all corresponding factors and mindfully advance the patient with a systematic and evidence-based progression to protect healing tissue and optimize outcome.

KEYWORDS

Osteochondritis dissecans • Rehabilitation • Return to activity • Non-operative management • Post-operative management

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