

Osteochondritis Dessicans of Talus (OCD), Ankle Synovitis

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Osteochondritis dessicans of talus (OCD), Ankle synovitis

Postoperative Course:

- **Ankle arthroscopy (no OCD)**
 - After surgery: Nonweightbearing in a bulky splint until seen in clinic.
 - 10-14 days: Return to clinic. Remove dressings. Apply ACE wrap. WBAT in CAM boot. May shower. PT as needed.
- **Ankle arthroscopy (OCD microfracture), OATS**
 - After surgery: Nonweightbearing in a bulky splint until seen in clinic.
 - 10-14 days: Return to clinic. Remove dressings. Apply ACE wrap. Non-weightbearing for 4 weeks in CAM boot. Active ROM encouraged out of boot. If cannot fit in boot at neutral, place heel lifts to be removed every week until neutral. May shower.
 - 6 weeks: Return to clinic. Xray ankle NWB if OATS. Weight bearing at 6 weeks in CAM boot. PT at 6 weeks working on strengthening, ROM.
 - 12 weeks: Return to clinic. Xray ankle WB if OATS. Remove boot. WBAT in shoes with ASO. Nonimpact training exercise without pain allowed at 12 weeks. 4 months return to full work duty. Impact sports activity at 6 months if pain free.
- **Bulk allograft**
 - After surgery: Nonweightbearing in a bulky splint until seen in clinic.
 - 10-14 days: Return to clinic. Remove dressings. Apply ACE wrap. Non-weightbearing for 8 weeks in CAM boot. If cannot fit in boot at neutral, place heel lifts to be removed every week until neutral. May shower.
 - 6 weeks: Return to clinic. Xray ankle NWB. Remain non-weightbearing at in CAM boot. PT at 6 weeks working on active, active assisted ROM.
 - 10 weeks: Return to clinic. Xray ankle NWB. Begin WB in boot. Add strengthening and passive ROM to PT.
 - 16 weeks: Return to clinic. WBAT in shoes with ASO. Nonimpact training exercise without pain allowed. 5 months return to full work duty. Impact sports activity at 1 year if pain free.

Postoperative PT:

- 4 weeks microfracture and OATS, 6 weeks bulk allograft: Active/Active assist ROM, edema control, desensitization
- 6 weeks microfracture and OATS, 10 weeks bulk allograft: Strengthening, Modalities, Passive ROM
- Nonimpact activities (bike, swim) at 3 mo microfracture and OATS, 4 months bulk allograft

- No impact until 6 months OATS, 1 year for bulk allograft

Nonoperative Treatment:

- Physical therapy
- ASO
- Boot
 - In children:
 - PWB and NSAIDS x 2 months
 - Decrease weight bearing exercise for 1 year (biking)
 - Adults: 3 months in a boot if nondisplaced lesion
- NSAIDS

Last Updated 9/10/14