

OSTEOCHONDRAL ALLOGRAFT TO FEMORAL CONDYLE REHABILITATION PROTOCOL

| | WEIGHT BEARING | BRACE | ROM | EXERCISES |
|--|-------------------------------|--|---|--|
| PHASE I 0-6 weeks | Heel touch | 0-2 week: Locked in full extension at all times Off for CPM and exercise only Discontinue after 2 wks | 0-6 weeks: Use CPM for 6 hours/day, beginning at 0-40°; advance 5-10° daily as tolerated | 0-2 weeks: Quad sets, SLR, calf pumps, passive leg hangs to 90° at home 2-6 weeks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glut sets, SLR, side-lying hip and core |
| PHASE II 6-8 weeks | Advance 25% weekly until full | None | Full | Advance Phase I exercises |
| PHASE III 8-12 weeks | Full | None | Full | Gait training, begin closed chain activities: wall sits, shuttle, mini-squats, toe raises Begin unilateral stance activities, balance training |
| PHASE IV 12 weeks – 6 months | Full | None | Full | Advance Phase III exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings May advance to elliptical, bike, pool as tolerated |
| PHASE V 6-12 months | Full | None | Full | Advance functional activity Return to sport-specific activity and impact when cleared by MD after 8 mos |