

OSTEOCHONDRAL ALLOGRAFT TO FEMORAL CONDYLE REHABILITATION PROTOCOL

PHASE I: 0-6 weeks

- Full WB was tolerated
- Brace locked in full extension at all times, discontinue after 2 weeks.
- ROM: 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 WB 25% weekly until full
- Discontinue brace
- Full ROM
- Advance Phase I exercises

PHASE III: 8-12 weeks

- Full WB
- No Brace
- Full ROM
- 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 WB
- No Brace
- Full ROM
- 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 WB
- No Brace
- Full ROM
- Advance functional activity
- Return to sport-specific activity and impact when cleared by MD after 8 months.