



## **OSTEOCHONDRAL ALLOGRAFT TO FEMORAL CONDYLE REHABILITATION PROTOCOL**

### **PHASE I: 0-6 weeks**

- Protected WBAT with crutches x4 weeks; discontinue crutches after 4 weeks
- Brace locked in full extension at all times, discontinue when adequate quad control achieved.
- ROM: Use CPM (if available) 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**

- Continue full unprotected WB
- 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.