

## OSTEOCHONDRAL ALLOGRAFT FEMORAL CONDYLE REHABILITATION PROTOCOL

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I</b> <b>0 - 6 weeks</b>	Non-weight bearing	<b>0-1 week:</b> locked in full extension (removed for CPM and exercises) <b>2-4 weeks:</b> Gradually open brace in 20 ° increments as quad control is gained - discontinue use of brace when quads can control SLR without an extension lag	<b>0-6 weeks:</b> CPM: use for 6-8 hours per day - begin at 0-40 ° - increasing 5-10 ° daily per patient comfort	PROM/AAROM to tolerance, patella and tibiofibular joint mobs (grades I & II), quad, hamstring, and gluteal sets, hamstring stretches, hip strengthening, SLR
<b>PHASE II</b> <b>6 - 8 weeks</b>	Partial weight bearing (25%)	None	Gradually increase flexion- patient should have 130 ° of flexion	Scar and patellar mobs, quad/hamstring strengthening, stationary bike for ROM, continue to advance lower extremity strengthening activities
<b>PHASE III</b> <b>8 - 12 weeks</b>	Gradually return to full weight bearing	None	Progress to full and pain-free	Gait training, begin closed chain activities (wall sits, shuttle, mini-squats, toe raises), begin unilateral stance activities
<b>PHASE IV</b> <b>12 weeks - 6 months</b>	Full with a normalized gait pattern	None	Full and pain-free	Advance phase III activities