

Osteochondral Allograft Transplant Rehabilitation Protocol

	<u>WEIGHT BEARING</u>	<u>BRACE</u>	<u>RANGE OF MOTION</u>	<u>THERAPEUTIC EXERCISE</u>
PHASE I (0-4 WEEKS)	Partial weight bearing with crutches	0-45° while ambulating. Discontinue for sleep, hygiene, and CPM use.	CPM: Use for 4-6 hours per day. Begin at 0-40° - increasing 10° each day.	PROM/AAROM as tolerated patella and tibiofibular joint mobilization quad, hamstring, and gluteal sets, hamstring stretches, hip strengthening, SLR.
PHASE II (4-8 WEEKS)	Full weight bearing	Discontinue	Full range of motion	Patella-femoral program, quad/hamstring strengthening, stationary bike for ROM, continue to advance lower extremity strengthening activities.
PHASE III (8-12 WEEKS)	Full weight bearing	Discontinue	Full range of motion	Gait training, begin closed chain activities (wall sits, shuttle, mini-squats, toe raises), begin unilateral stance activities.