



Osteochondral Allograft – Femoral Condyle

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises/Interventions</u>
Phase 1 Weeks 0-2 HEP daily	Full passive extension Edema and pain control Promote independence	TTWB (20%) Brace locked at 0° except for approved exercises and CPM CPM (6 hrs/day) Weeks 0-2: 0-40° Advance 5-10° per day as tolerated	Quad sets/SLR Ankle pumps Passive leg hangs to 90° Stretches: Hamstring and gastroc
Phase 2 Weeks 2-6 1-2x/week HEP daily	Full passive extension 120° knee flexion Prevent quad inhibition Edema and pain control Promote independence	TTWB (20%) Brace locked at 0° except for approved exercises and CPM CPM (6 hrs/day) Weeks 2-4: 0-90° Weeks 4-6: 0-120°	AA/PROM pain free Towel extension Patella mobilization Quad re-education SLR in all planes Hip/core resisted exercises LE flexibility exercises
Phase 3 Weeks 6-12 2-3x/week HEP daily	Full ROM Normal gait pattern Ascend 8" step with control Normal patella mobility Improve ADL endurance	Progress WB 25% per week until full DC brace when adequate quad Avoid descending stairs reciprocally Avoid painful activities No running	Continue above exercises Gait training Closed chain activities: wall sits, mini-squats, toe raises, heel raises, stationary bike, leg press 0-60° Proprioception training Initiate step-up program
Phase 4 Weeks 12-20 2-3x/week HEP Daily	Return to normal ADLs Improve endurance Descend 8" step with control 85% limb symmetry Improve strength and flexibility	WBAT Avoid painful activities No running Forward step-down lateral test at 4 months Isokinetic testing at 4 months	Continue and advance above Progress squat program Leg press (emphasize eccentrics) Retrograde treadmill Initiate step down program Advance elliptical, bike, pool Open chain extension 90-40°
Phase 5 Weeks 20+ 2x/week HEP Daily	No apprehension with sport specific movements Maximize strength and flexibility to meet sporting demands	Avoid painful activities No running until: Strength >70% contralateral side No agility training until: Strength >90% contralateral side No RTP until: Passes RTP evaluation MD clearance	Continue and advance above Begin forward running Begin plyometric program