



# The Orthopaedic & Fracture Clinic

## Osteochondral Allograft Transplant

### Rehabilitation Protocol

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#### Phase I (0 – Eight Weeks Post Op)

- Non weight-bearing.
- Brace: Locked in full extension times two weeks. Gradually open brace in 20° increments as quad control is gained over two – six weeks.
- ROM: CPM use for six – eight hours per day. Begin at 0-40°, increasing 5-10° per patient comfort. 100° by week six.
- Exercises: PROM/AAROM to tolerance. Patellar glides, quad, hamstring and gluteal sets, hamstring stretches, hip strengthening and SLR, core exercises.

#### Phase II (8 – 12 Weeks Post Op)

- Begin partial weight-bearing 25% to advance to full weight-bearing by 12 weeks post op.
- Brace discontinued.
- ROM: Gradually increase flexion. Patient should have 130° by 12 weeks.
- Exercises: Scar mobs, patellar mobs, quad, hamstring strengthening, stationary bike, closed chain activities, wall sits, shuffle, mini squats, toe raises.

#### Phase III (12 Weeks – 6 Months Post Op)

- Full normalized gait.
- ROM: 0-135° pain free.
- Exercises: Advance Phase II exercise program.