

Osteochondral Allograft – Rehab Protocol

- Brace: TROM brace locked in extension for ambulating until appropriate quadriceps function has returned. (Weeks 0-8). Brace can be unlocked to sitting.
- TTWB for 4 weeks, then 50% WB 2 weeks with brace locked extension
- Transition to unloader brace by weeks 6-10 for 6 weeks (surgeon discretion)

PHASES & TIME LINES	REHABILITATION GUIDELINES	GOALS
Phase I 0 – 8 Weeks	<ul style="list-style-type: none"> • ROM goal: 90° at 2 weeks postop • ROM goal 135° at 6 weeks postop • Patella mobilizations • Begin scar massage once incision is healed • Modalities: Electrical stimulation/muscle re-education, Pain/edema mgmt (cryotherapy) • Strengthening: quad/hamstring/glute isometrics, straight leg raises in all directions, active knee extension • Avoid closed chain exercises • 4-Way hip strengthening • Stationary Bike with no resistance until weightbearing restrictions allow • UBE, aquatic therapy (once incisions are healed) • Weight shifting when weightbearing restrictions allow 	<ul style="list-style-type: none"> • Pain/Edema control • Protection of repair and/or recon. • Full passive ROM • Good quad control
Phase II 8-12 Weeks	<ul style="list-style-type: none"> • ROM goal: full passive and active extension and flexion • Modalities: Electrical stimulation/muscle re-education, Pain/edema mgmt (cryotherapy) • Scar massage • Gait retraining • Strengthening: straight leg raises with weight, active knee extension, hamstring curls. • Closed Chain: toe raises, wall sits, squats, step ups • 4-Way hip strengthening with weight • Leg press 0-70° • Stationary Bike, Elliptical trainer, stair stepper • Aquatic therapy • Balance/Proprioceptive training • Core stabilization 	<ul style="list-style-type: none"> • Full active and passive ROM • Quadriceps control obtained • Normalize gait
Phase III 12-16 Weeks	<ul style="list-style-type: none"> • Strengthening: progressive resisted exercises, continue closed and open chain exercises avoiding knee extension machine • Begin treadmill jogging (surgeon discretion) • Stationary bike, elliptical trainer, stair stepper • Balance/Proprioceptive Training 	<ul style="list-style-type: none"> • Increase ambulation and standing endurance

<p>Phase IV 4-5 Months</p>	<ul style="list-style-type: none"> • Continue jogging, begin light sprinting in straight line • Avoid any pivoting or twisting • Begin supervised light jump training/ • Strengthening: progressive resisted exercises, continue closed chain exercises and begin open chain exercises avoiding knee extension machine • Stationary bike, elliptical trainer, stair stepper • Aquatic therapy 	<ul style="list-style-type: none"> • Near full strength • Increase strength and endurance
<p>Phase V 5-6 Months</p>	<ul style="list-style-type: none"> • Running/sprinting program • Jump training/plyometric training • Begin light pivoting/twisting/cutting • Strengthening: continue progressive resisted exercises with no restrictions although avoid knee extension machine • Stationary bike, elliptical trainer, stair stepper • Aquatic therapy 	<ul style="list-style-type: none"> • Strength 90% of contra lateral knee • Proper jump and landing technique • Return to pain-free sport specific training