



ALLOGRAFT OSTEOCHONDRAL TRANSPLANTATION



Orthopedics

PHASE I (0-6 WEEKS) NWB

- Brace locked in extension at all times, off only for exercise.
- ROM 0-6 weeks, beginning at 0-40 degrees; advance 5 degrees daily as tolerated.
- Exercises: 0-2 weeks: Quad sets, SLR, calf pumps, passive leg hangs to 90 degrees at home.
- 2-6 weeks: PROM/AAROM to tolerated, patella and tibiofibular joint mobs, quad, hamstring and glut sets, SLR, side-lying hip and core, scar mobilization 4-6 weeks when adequate healing.

PHASE II (6-8 weeks) Advance weight bearing 25% until FWB, no brace,

- Full ROM
- Exercises: Advance phase 1 exercises

PHASE III (8-12 weeks)

- Exercises: Gait training, being closed-chain activities, wall sits shuttle, mini-squats, toe raises. Begin unilateral stance activities and balance training.

PHASE IV (12 weeks-6 months)

- Advance Phase 3 exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings. May advance to elliptical, bike and pool as tolerated.

PHASE V (6-12 months)

- Advance functional activity, return to sport specific activity and impact when clear by MD after 8 months.