

Standard Osteochondral Allograft to Femoral Condyle Rehabilitation Protocol

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PHASE	WEIGHT BEARING	BRACE	RANGE OF MOTION	EXERCISES
PHASE I 0-6 weeks	Toe touch x2 weeks, then progress to full weight bearing by 4 weeks, then wean crutches	None	As tolerated with PT CPM (if prescribed): 0- 40 ° & advance 5-10°/day as tolerated	<ul style="list-style-type: none"> 0-2 weeks: Quad sets, SLR, calf pumps, passive leg hangs to 90 ° at home 2-6 weeks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glut sets, SLR, side-lying hip and core
PHASE II 6-8 weeks	Full	None	Full	<ul style="list-style-type: none"> Advance Phase I exercises
PHASE III 8-12 weeks	Full	None	Full	<ul style="list-style-type: none"> Gait training, begin closed chain activities: wall sits, shuttle, mini-squats, toe raises Begin unilateral stance activities, balance training
PHASE III 12 weeks - 6 months	Full	None	Full	<ul style="list-style-type: none"> Advance Phase III exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings May advance to elliptical, bike, pool as tolerated
PHASE III 6-12 months	Full	None	Full	<ul style="list-style-type: none"> Advance functional activity Return to sport-specific activity and impact when cleared by MD after 6 mos