



PHYSICAL THERAPY PROTOCOL
Osteochondral Allograft to Femoral Condyle

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
Phase I Weeks 0-6 PT 1-2x/week HEP daily	TTWB	0 – 2 weeks: Locked in full extension at all times Off for CPM and exercise only Discontinue after 2 wks	0 – 6 weeks: Use CPM for 6 hours/day, beginning at 0-40°; advance 5-10° daily as tolerated	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, & glut sets, SLR, side-lying hip & core
Phase II Weeks 6-8 PT 2-3x/week HEP daily	Advance 25% weekly until full	None	Full	Advance Phase I exercises
Phase III Weeks 8-12 PT 2-3x/week HEP daily	WBAT	None	Full	Gait training, begin closed chain activities: wall sits, shuttle, mini-squats, toe raises Begin unilateral stance activities, balance training
Phase IV 12 Weeks – 6 Months PT 1-2x/week HEP daily	WBAT	None	Full	Advance Phase III exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings May advance to elliptical, bike, pool as tolerated
Phase V 6–12 months PT 1x/week HEP daily	WBAT	None	Full and pain-free	Advance functional activity Gradual return to sport-specific activity and impact when cleared by MD after 8 months