



Osteochondral Allograft to Femoral Condyle

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-6 PT 1x/day HEP daily	Edema and pain control Protect surgical repair Week 0-2: NWB Weeks 2-6: Toe touch WB ROM: Start at 0-40° - advance as tolerated	Week 0-2: Brace locked in full extension at all times Brace off for exercises only Discontinue brace at 2 weeks	Week 0-2: Quad sets, SLR, calf pumps, passive leg hangs to 90° at home Week 2-6: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, SLR, side-lying hip and core CPM (if applicable) <ul style="list-style-type: none"> - Brace off for CPM - 6 hours/day - Begin at 0-40°, advance 5-10° daily as tolerated
Weeks 6-8 PT 1-2/week HEP daily	Edema and pain control Protect surgical repair Advance WB 25% weekly until full Full ROM	No brace	Advance Phase I exercises
Weeks 8-12 PT 2x/week HEP daily	Full WB Full ROM		Gait training, begin closed chain activities: wall sits, shuttle, mini-squats, toe raises Begin unilateral stance activities, balance training
Weeks 12-24 PT 1x/week HEP daily	WBAT Full ROM		Advance Phase III exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings May advance to elliptical bike, pool as tolerated
Weeks 24-52 HEP daily	WBAT Full ROM		Advance functional activity Return to sport-specific activity and impact when cleared by MD after 8 mos

Physician's Signature: _____

