



Post-Operative Rehabilitation for Osteochondral Allograft and Meniscal Allograft Transplant

Phase I: Weeks 0-2

- Heel Touch Weight Bearing in Brace
- Brace:
 - Locked in full extension at all times including sleep. May remove for exercises and shower.
- ROM:
 - Goal is symmetric extension (including hyperextension)
 - Gentle Passive motion 0-90°.
 - CPM for 6hr/day 0-90°.
- Exercises
 - Heel slides, quad sets, SLR, Ankle pumps, patellar mobs, heel props
 - **AVOID** tibial rotation for 8 weeks to protect meniscus

Phase II: Weeks 2-8

- Weight bearing:
 - **Weeks 2-6:** Heel touch only
 - **Weeks 6-8:** Advance 25% weekly until full
- Brace
 - **Weeks 2-8:** Locked 0-90°.
 - Discontinue at 8 weeks
- ROM:
 - Maintain symmetric extension
 - Progress flexion as tolerated, with caution >90° (protect posterior horn)
- Exercises:
 - **AVOID** tibial rotation for 8 weeks to protect meniscus
 - **Weeks 2-6:** Add side lying hip/core exercise, progress quad sets, SLR, stretching
 - **Weeks 6-8:** Add closed chain, heel raises, and eccentric hamstrings. Progress Core/hip exercise. Begin gait training.

Phase III: 8-12 weeks

- Maintain full ROM
- Exercises:

- Progress closed chain exercises, Lunges/leg press 0-90° ONLY
- Maintain core/glute/hip strength
- Begin balance training
- Gait training PRN
- Begin stationary bike

Phase IV: 12-24 weeks

- Maintain full ROM
- Exercises:
 - Advance Phase III exercises
 - Continue to maintain core/hip/glute strength
 - Progress strength and functional balance

Phase V: 6-9 mo

- Exercises:
 - Progress strength and functional activity
 - Return to impact/running and sport specific activity ONLY AFTER CLEARED BY MD