



Post-Operative Rehabilitation for Osteochondral Allograft Femoral Condyle

Phase I: Weeks 0-6

- Weight bearing: Heel touch
- Brace (If Applicable)
 - 0-2 weeks: Locked in full extension at all times, including sleep. Off for showering and exercises
 - Discontinue at 2 weeks
- ROM:
 - CPM usage 6 hr/day starting 0-40° and advance 5-10° daily as tolerated
- Exercises
 - 0-2 Weeks: Quad sets, SLR, ankle pumps, heel props, patellar mobs
 - 2-6 Weeks: PROM/AAROM to tolerance, Quad sets, SLR, ankle pumps, heel props, patellar mobs, hamstring and glute sets. ,Begin side-lying hip and core

Phase II: Weeks 6-8

- Weight bearing: Advance 25% weekly as tolerated until full.
- ROM
 - Full
- Exercises:
 - Advance Phase I exercises

Phase III: Weeks 8-12

- ROM: Full
- Exercises:
 - Gait training
 - Begin closed chain activities: wall sits, mini-squats, toe raises
 - Begin unilateral stance activities/ balance training

Phase IV Weeks 12-6 months:

- ROM: Full
 - Exercises
 - Advance Phase III exercises
 - Maintain core/hip/glute strength

- Continue stability work/ balance training
- Eccentric hamstrings
- May advance to elliptical, bike, pool as tolerated

Phase V 6-12 months:

- ROM: Full
- Exercises:
 - Advance functional activity
 - 8 Mo- Return to sport-specific activity and impact activities when CLEARED BY MD