



Post-Operative Rehabilitation for Osteochondral Allograft of Trochlea

Phase I: Weeks 0-6

- Full Weight Bearing
- Brace:
 - Locked in full extension at all times including sleep. May remove for CPM and shower.
- ROM:
 - Goal is symmetric extension (including hyperextension)
 - CPM for 6hr/day
 - Start 0-40°
 - Progress flexion 5-10 ° daily as tolerated
 - Goal 0-120° by 6 weeks
- Exercises
 - **Weeks 0-2:** Quad sets, SLR, ankle pumps, heel props, passive leg hangs/flexion to 45°, calf stretching
 - **Weeks 2-6:** PROM/AAROM to tolerance, patellar mobs, quad/hamstring sets, glute sets, SLR, side lying hip/core

Phase II: Weeks 6-8

- Brace:
 - May discontinue brace when gait is normalized
- ROM:
 - Maintain symmetric extension
 - Progress flexion to full
- Exercises:
 - Gait training
 - Progress Phase I exercises
 - NO open kinetic chain LE extremity exercises

Phase III: 8-12 weeks

- Maintain full ROM
- Exercises:
 - Begin closed chain exercises

- Maintain core/glute/hip strength
- Begin balance training
- Gait training
- NO open kinetic chain LE extremity exercises

Phase IV: 12 weeks- 6 months

- Maintain full ROM
- Exercises:
 - Advance Phase III exercises including eccentric hamstrings
 - Continue to maintain core/hip/glute strength
 - Progress strength/flexibility and functional balance
 - Stationary bike, may add elliptical and pool as tolerated

Phase V: 6-12 mo:

- Exercises:
 - Progress strength and functional activity
 - Return to sport specific activity and impact when CLEARED BY MD after 8 months.