



Post-Operative Rehabilitation for Osteochondral Autologous Transplant- Femoral Condyle

Phase I: Weeks 0-6

- Weight bearing: Non weight bearing. May rest foot squarely on ground for balance.
- ROM:
 - Gentle progressive PROM/AROM
- 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. **(MD WILL DIRECT when to begin)**
- ROM
 - Full
- Exercises:
 - Advance Phase I exercises

Phase III: Weeks 8-12

- ROM: Full
- Exercises:
 - Gait training, when applicable
 - 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