

## Osteochondral Allograft to Femoral Condyle Rehabilitation Protocol

Dr. Schaap

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
Post-Op Day	<ul style="list-style-type: none"> <li>-Dressing change</li> <li>-Instructions in signs and symptoms of infection</li> <li>-Check for DVT</li> <li>-Issue HEP for quad , hamstring and glute sets, SLR, passive leg hangs to 90 deg</li> </ul>	<ul style="list-style-type: none"> <li>-Independent in home exercise program</li> <li>-Fair quad set</li> <li>- NWB x 2 weeks and heel touch thereafter</li> <li>-Home electrical stimulation unit if needed</li> </ul>
Phase I (2-6 weeks)	<ul style="list-style-type: none"> <li>-Begin CPM at 2 weeks post op at home 6 hours per day 0-40 deg, (advance 5-8 degrees/day x 4 weeks)</li> <li>- hip ab/adduction, patellar mobs, hip extension, heel slides and cryotherapy</li> <li>-Frequency = 1-2 times per week if needed to attain good quad set and see good progression of range of motion</li> <li>-Tabletop exercises if in the clinic and continued HEP at home</li> <li>-Can progress range of motion to 90</li> <li>-heel touch weight bearing</li> </ul>	<ul style="list-style-type: none"> <li>-Good quad set</li> <li>- Independent with SLR</li> <li>-Full extension</li> <li>-Range of motion to 90°</li> </ul>
Phase II (6-8 weeks)	<ul style="list-style-type: none"> <li>-Advance weight bearing 25% weekly until full</li> </ul>	<ul style="list-style-type: none"> <li>-Continue with Phase 1 exercises</li> </ul>
Phase III (8-12 weeks)	<p>Frequency = 2-3x/ week</p> <ul style="list-style-type: none"> <li>-Progress weight-bearing activities as tolerated unless otherwise specified</li> <li>-Closed chain activities, wall sits, shuffle, mini squat, toe raises</li> <li>-Progress ambulation to normalize gait</li> <li>-Continue to progress range of motion</li> </ul> <p>May begin elliptical, swimming, biking as tolerated at 12 weeks</p>	<ul style="list-style-type: none"> <li>-Normal gait</li> <li>-Normal gait up/down stairs</li> <li>-Range of motion within normal limits</li> </ul>

Phase IV (12-16 weeks)	<ul style="list-style-type: none"><li>-Begin jogging at 6 months or per physician</li><li>-Begin double legged plyometrics at 6 months, progressing to single leg as tolerated</li><li>-Progressed to full range of motion as tolerated</li><li>-Progress all other strengthening, proprioception and plyometrics as tolerated</li></ul>	-Return to sports/functional activities per physician
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