

Rehabilitation Protocol: Osteochondral ALLOgraft Implantation

Phase I (Weeks 0-6)

Weightbearing: Non-weightbearing

Bracing:

- Hinged knee brace locked in extension (week 1) – remove for rehab with PT
- Weeks 2-6: Gradually open brace in 20° increments as quad control is obtained
- D/C brace when patient can perform straight leg raise without an extension lag

Range of Motion –

- Start Passive ROM up to 40° of flexion then advance until full flexion is achieved (should be at 100° by week 6)
- PROM/AAROM and stretching under guidance of PT

Therapeutic Exercises

- Patellar mobilization
- Quad/Hamstring/Adductor/Gluteal sets – Straight leg raises/Ankle pumps

Phase II (Weeks 6-8)

Weightbearing: Partial weightbearing (25% of body weight)

Range of Motion – Advance to full/painless ROM (patient should obtain 130° of flexion)

Therapeutic Exercises

- Continue with Quad/Hamstring/Core strengthening
- Begin stationary bike for ROM

Phase III (Weeks 8-12)

Weightbearing: Gradually return to full weightbearing

Range of Motion – Full/Painless ROM

Therapeutic Exercises

- Begin closed chain exercises – wall sits/shuttle/mini-squats/toe raises
- Gait training
- Continue with Quad/Hamstring/Core strengthening
- Begin unilateral stance activities

Phase IV (Months 3-6)

Weightbearing: Full weightbearing with a normal gait pattern

Therapeutic exercise

- Advance closed chain strengthening exercises, proprioception activities
- Sport-specific rehabilitation – jogging at 4-6 months

Return to athletic activity – 9-12 months post-op

Maintenance program for strength and endurance