

NewportCare Medical Group

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Sports Medicine

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OSTEOCHONDRAL ALLOGRAFT TRANSPLANT REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
PHASE I 0 - 6 weeks	Non-weight bearing	0-1 week: locked in full extension (removed for ROM and exercises) 1-6 weeks: Gradually open brace by 20 degree increments as quad control is gained - discontinue use of brace when quads can control SLR without an extension lag	0-6 weeks: Maintain full extension and progress flexion as tolerated	PROM/AAROM to tolerance, patella and tibiofibular joint mobs (grades I & II), quad, hamstring, and gluteal sets, hamstring stretches, hip strengthening, SLR
PHASE II 6 - 8 weeks	Increase to Partial weight bearing (25%)	None	Gradually increase flexion to full	Scar and patellar mobs, quad/hamstring strengthening, stationary bike for ROM, continue to advance lower extremity strengthening activities
PHASE III 8 - 12 weeks	Return to full weight bearing	None	Full and pain free	Gait training, begin closed chain activities (wall sits, shuttle, mini-squats, toe raises), begin unilateral stance activities
PHASE IV 12 weeks - 6 months	Full with a normalized gait pattern	None	Full and pain-free	Advance phase III activities
PHASE V 6 months and beyond	Full	None	Full	Advance functional activities Return to sport and military activity at 9 months when cleared by MD