

OSTEOCHONDRAL AUTOGRAFT TRANSPLANT REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
PHASE I 0 - 6 weeks	Non-weight bearing	0-1 week: locked in full extension (remove for CPM and exercise) 2-4 weeks: gradually open brace in 20 ° increments as quad control is gained - discontinue use of brace when quads can control SLR without an extension lag	0-6 weeks: CPM: use for 6-8 hours per day - begin at 0-40 °, 1 cycle/minute - increasing 5-10° daily per patient comfort - patient should gain 100° by week 6	PROM/AAROM to tolerance, patella and tibiofibular joint mobs (grades I & II), stationary bike for ROM, quad, hamstring, adduction, and gluteal sets, hamstring stretches, hip strengthening, SLR, ankle pumps
PHASE II 6 - 8 weeks	Progress to full weight bearing	None	Gradually increase flexion- patient should obtain 130° of flexion	Gait training, scar and patellar mobs, quad/hamstring strengthening, begin closed chain activities (wall sits, shuttle, mini-squats, toe raises), begin unilateral stance activities
PHASE III 8 - 12 weeks	Full with a normalized gait pattern	None	Full and pain-free	Advance activities in phase II

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