

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 CPM and exercises) 2-4 weeks: Gradually open brace in 20 ^o 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 at 0-40 ^o - increasing 5-10 ^o daily per patient comfort patient should gain 100 ^o by week 6	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	Partial weight bearing (25%)	None	Gradually increase flexion- patient should have 130 ^o of flexion	Scar and patellar mobs, quad/hamstring strengthening, stationary bike for ROM, continue to advance lower extremity strengthening activities
PHASE III 8 - 12 weeks	Gradually return to full weight bearing	None	Progress to 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

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