

OSTEOCHONDRAL AUTOGRAFT/ALLOGRAFT TRANSPLANT REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
PHASE I 0-6 WEEKS	Non-weight bearing (condyle) Weight bearing as tolerated with brace locked in extension (trochlea or patella)	0-6 weeks: locked in full extension (remove for CPM and exercise)	0-6 weeks: CPM: use for 6 hours per day – begin at 0-30°, 1 cycle/min – increasing 5-10° daily per patient comfort – goal of 100° by week 6. All non-weight bearing range of motion.	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	None	Full and pain-free	Advance activities in phase II

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