

Fresh Osteoarticular Cartilage Allograft



Name: _____
 Dr: Dr. Chris LaPrade Date: _____

● = Do exercise for that week

Week

ROM RESTRICTIONS
 Full ROM

BRACE SETTINGS
 Immobilizer x 8 weeks

Weight Bearing status
 NWB x 8 weeks

TIME LINES
 Week 1 (1-7POD)
 Week 2 (8-14POD)
 Week 3 (15-21POD)
 Week 4 (22-28POD)

Initial Exercises	1	2	3	4	5	6	7	8	9	10	16	20	26	32
Ankle Pumps & nerve glides	●	●	●	●	●	●	●	●						
Calf stretch with belt	●	●	●	●	●	●	●	●						
Heel prop for extension	●	●	●	●	●	●	●	●						
Patella/Tendon mobilizations	●	●	●	●	●	●	●	●						
Band resisted ankle strength	●	●	●	●	●	●	●	●						
Seated heel slides for KF ROM	●	●	●	●	Progress ROM positions to achieve full KF									
ROM Goals	Extension: Full by week 2 Flexion: 2 weeks: 90°, 6 weeks: 120°, 10 weeks: Full ROM													
Isolated Quad strength progressions	0° ISO, SLR	SAQ, TKE, ISOs in KF			PRE progressions as tolerated									
Hamstring strength progressions	ISOs			Progression of hip & knee based PREs										
Bridges	KE/calves over ball					Classic bridging/planking progressions								
SLR x 3 directions (ADD, ABD, Ext)			●	●	●	●	●	●	●	●	●	●	●	●
50% BW weight shifting x 30 reps TID					●	●	●							
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	16	20	26	32
Stationary Bike	ROM only						Progressive intensity as tolerated							
Swimming (flutter kick)	NWB							●	●	●	●	●	●	●
Walk, Elliptical								≥10 weeks						
Row, Stair-stepper								≥12 weeks						
*NOTE FOR CARDIO	Must tolerate daily walking with no limp & no significant increase in pain/swelling prior to initiating WB cardio (walk, elliptical, stepper)													
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	16	20	26	32
Crutch weaning	NWB							●	●	●				
Calf raises								●	●	●	●	●	●	●
Marching into brief SLS										●	●	●	●	●
SLS balance progressions											●	●	●	●
Squats/Leg Press (ISO→Reps, 2→1 leg)												●	●	●
Shift & hold isometric over step													●	●
Band resisted directional stepping														●
Squat/Step/Lunge Progressions														●
Note: squat/step/lunge progressions	Gradually progress depth & external load per joint irritability (no increased soreness (>4/10) or swelling >24 hours after exercise)													
High Level Activities	1	2	3	4	5	6	7	8	9	10	16	20	26	32
Recreational activity progressions													●	●
Return to run/sport progressions	Consult with MD team / No high impact prior to 12 months <i>Run/jump training introduced per time & strength testing outcomes</i>													
Physical Performance "TRAC" Testing	Baseline Test @ 6 months, Follow-up test @ 12 months													

****NMES & BFR encouraged (per any contraindications)****

PRECAUTIONS	Gradually progress activity intensity per joint reactivity (swelling, pain), no high impact activities x 12 months
ABBREVIATIONS	(ISO) Isometric, (KE) knee extension, (KF) knee flexion, (NWB) Non-weight bearing, (PRE) progressive resistance exercise, (ROM) range of motion, (SAQ) short arc quad, (SLR) straight leg raise, (SLS) single leg stance, (TID) three times/day, (TKE) terminal knee extension