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OSTEOCHONDRAL ALLOGRAFT FEMORAL CONDYLE REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
PHASE I 0 - 6 weeks	<p>0-6 weeks Non weight bearing</p> <p>6-8 weeks Progress gradually to full weight bearing</p>	<p>0-1 week: locked in full extension (removed for CPM and exercises)</p> <p>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</p>	<p>0-6 weeks: CPM: use for 6-8 hours per day - begin at at 0-40 ° - increasing 5-10 ° daily per patient comfort patient should gain 100 ° by week 6</p>	<p>PROM/AAROM to tolerance, patella and tibiofibular joint mobs (grades I & II), quad, hamstring, and gluteal sets, hamstring stretches, hip strengthening, SLR</p>
PHASE II 6 - 8 weeks	<p>Partial weight bearing (25%)</p>	<p>None</p>	<p>Gradually increase flexion- patient should have 130 ° of flexion</p>	<p>Scar and patellar mobs, quad/hamstring strengthening, stationary bike for ROM, continue to advance lower extremity strengthening activities</p>
PHASE III 8 - 12 weeks	<p>Gradually return to full weight bearing</p>	<p>None</p>	<p>Progress to full and pain-free</p>	<p>Gait training, begin closed chain activities (wall sits, shuttle, mini-squats, toe raises), begin unilateral stance activities</p>
PHASE IV 12 weeks - 6 months	<p>Full with a normalized gait pattern</p>	<p>None</p>	<p>Full and pain-free</p>	<p>Advance phase III activities</p>