



## COMBINED OSTEOCHONDRAL ALLOGRAFT AND MENISCAL ALLOGRAFT TRANSPLANTATION REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<b>PHASE I</b> 0-2 weeks	Heel touch only	Locked in full extension at all times*  Off for hygiene and home exercise only	Gentle passive 0-90°  CPM 0-90°	Heel slides, quad sets, patellar mobs, SLR, calf pumps at home
<b>PHASE II</b> 2-8 weeks	<b>2-6 weeks:</b> Heel touch only  <b>6-8 weeks:</b> Advance 25% weekly until full	<b>2-8 weeks:</b> Locked 0-90°  Discontinue brace at 8 weeks	Advance as tolerated w/ caution during flexion >90° to protect post horn of meniscus	<b>2-6 weeks:</b> Add side-lying hip and core, advance quad set and stretching**  <b>6-8 weeks:</b> Addition of heel raises, total gym (closed chain), gait normalization, eccentric quads, eccentric hamstrings  Advance core, glutes and pelvic stability
<b>PHASE III</b> 8-12 weeks	Full	None	Full	Progress closed chain activities  Advance hamstring work, lunges/leg press 0-90° only, proprioception/balance exercises  Begin stationary bike
<b>PHASE IV</b> 12-24 weeks	Full	None	Full	Progress Phase III exercises and functional activities: walking lunges, planks, bridges, swiss ball, half-bosu exercises  Advance core/glutes and balance
<b>PHASE V</b> 6-9 months	Full	None	Full	Advance all activity w/o impact such as running, jumping, pivoting, sports until cleared by MD

\*Brace may be removed for sleeping after first post-operative visit (day 7-14)

\*\*Avoid any tibial rotation for 8 weeks to protect meniscus



# Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

**Comments:**

Functional Capacity Evaluation  Work Hardening/Work Conditioning  Teach HEP

**Modalities:**

Electric Stimulation  Ultrasound  Iontophoresis  Phonophoresis  
 TENS  Heat before/after  Ice before/after  Trigger points massage  
 Therapist's discretion  
 Other \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_