



# Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

## OSTEOCHONDRAL ALLOGRAFT TO FEMORAL CONDYLE REHABILITATION PROTOCOL

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery \_\_\_\_\_

Frequency: 1 2 3 4 times/week

Duration: 1 2 3 4 5 6 Weeks

### PHASE I: 0-6 weeks

- Full WB was tolerated
- Brace locked in full extension at all times, discontinue after 2 weeks.
- ROM: Use CPM for 6 hours/day, beginning at 0- 40°; advance 5-10° daily as tolerated
- **0-2 weeks:**
  - Quad sets, SLR, calf pumps, passive leg hangs to 90° at home
- **2-6 weeks:**
  - PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glut sets, SLR, side-lying hip and core

### PHASE II: 6-8 weeks

- Advance WB 25% weekly until full
- Discontinue brace
- Full ROM
- Advance Phase I exercises

### PHASE III: 8-12 weeks

- Full WB
- No Brace
- Full ROM
- Gait training
- Begin closed chain activities: wall sits, shuttle, mini-squats, toe raises
- Begin unilateral stance activities, balance training

### PHASE IV: 12 weeks – 6 months

- Full WB
- No Brace
- Full ROM
- Advance Phase III exercises
- Maximize core/glutes, pelvic stability work, eccentric hamstrings
- May advance to elliptical, bike, pool as tolerated

### PHASE V: 6-12 months

- Full WB
- No Brace
- Full ROM
- Advance functional activity
- Return to sport-specific activity and impact when cleared by MD after 8 months.



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**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:** \_\_\_\_\_