

**OSTEOCHONDRAL AUTOGRAFT/ALLOGRAFT TRANSPLANT REHABILITATION PROTOCOL**

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I 0-6 WEEKS</b>	Non-weight bearing (condyle)  Weight bearing as tolerated (trochlea)	<b>0-6 weeks:</b> locked in full extension (remove for CPM and exercise) <b>0-6 weeks (trochlea only)</b> – locked in full extension	<b>0-6 weeks:</b> CPM: use for 6-8 hours per day – begin at 0-40°, 1 cycle/min – increasing 5-10° daily per patient comfort – patient should gain 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
<b>PHASE II 6-8 WEEKS</b>	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
<b>PHASE III 8-12 WEEKS</b>	Full with a normalized gait	None	Full and pain-free	Advance activities in phase II

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