



OSTEOCHONDRAL ALLOGRAFT FEMORAL CONDYLE

Post-Operative Rehabilitation Protocol

0-6 weeks

- Strict NWB with crutches for 6 weeks
- Knee immobilizer worn continuously until 6 weeks
- Patellar mobilization
- SLR (supine) with immobilizer on
- Quad sets while wearing immobilizer
- Ankle pumps

6-8 weeks

- Begin WBAT progression, achieving full WB by 6 weeks: advance from PWB (25% to 50%) to full WBAT
- Discontinue crutches once gait is normalized and non-antalgic
- Discontinue immobilizer once sufficient quad control is achieved
- Start active ROM as tolerated, progressing to full ROM
- Perform SLR, closed-chain quad strengthening, and hip strengthening exercises
- May start stationary bike for ROM

8-12 weeks

- Achieve full, pain-free ROM
- Continue to progress active strengthening
- Begin sports-specific exercises

>12 weeks

- Achieve normal, pain-free gait
- Continue progressive strengthening
- Progress with sports-specific exercises

Note: Progression through these phases should be based on individual recovery, with all exercises adjusted as necessary under the guidance of your surgeon and physical therapist. Regular follow-ups with the surgical team are crucial to ensure optimal recovery