



OSTEOCHONDRAL ALLOGRAFT PATELLA / TROCHLEA

Post-Operative Rehabilitation Protocol

0-1 weeks

- WBAT with crutches
- Brace locked in full extension at all times
- Patellar mobilization
- Quad sets
- Ankle pumps
- Passive leg hangs to 45°
- CPM use for 4-6 hours/day, starting at 0-30°; progress to 0-60° and 0-90° as tolerated

1-6 weeks

- Continue WBAT
- Discontinue crutches once gait is normalized and non-antalgic
- Gait training
- Brace unlocked and worn only during the day (discontinue when adequate quad control is achieved, typically when SLR is done without extension lag)
- PROM/AROM as tolerated
- Patellar mobilization
- Quad, hamstring, and glute sets
- SLR exercises
- Side-lying hip and core strengthening

6-8 weeks

- Achieve full, pain-free ROM
- Progress active strengthening exercises
- Continue Phase 1 exercises
- Begin stationary bike

8-12 weeks

- Normal, pain-free gait

- Progressive active strengthening
- Begin closed-chain exercises
 - Wall sits, shuttle, mini squats, toe raises
- Begin unilateral stance activities
- Implement balance training

3-6 months

- Advance Phase III exercises
- Maximize core and glute strength
- Work on pelvic stability
- Eccentric hamstring strengthening
- Continue to progress active strengthening
- May begin elliptical, bike, and pool exercises as tolerated

6-12 months

- Advance functional activities
- Start sport-specific exercises
- Return to sport when cleared by MD, typically at 9 months

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