



OSTEOCHONDRAL ALLOGRAFT of FEMORAL CONDYLE with HIGH TIBIAL OSTEOTOMY

Post-Operative Rehabilitation Protocol

0-2 weeks

- NWB with crutches for 6-8 weeks
- Brace locked in full extension
- Quad sets with the brace locked at 0°
- Heel slides
- Ankle pumps
- Gentle PROM 0-90°
- CPM usage for 6 hours/day, starting at 0-40° and gradually increasing by 10° daily until 90° is reached

2-6 weeks

- Brace locked in extension for ambulation and while sleeping
- Side-lying hip and core exercises
- Progress quad sets and stretching

6-8 weeks

- Add heel raises
- Total Gym (closed-chain exercises)
- Eccentric quadriceps and hamstring strengthening
- Progress core, glutes, and pelvic stability exercises
- Begin WBAT progression

8-12 weeks

- Full WBAT by 8 weeks
- Gait training
- Progress closed-chain activities
- Advance hamstring strengthening, lunges, and leg press (0-90° only), proprioception/balance exercises
- Begin stationary bike

12-24 weeks

- Advance Phase III exercises and functional activities: walking lunges, planks, bridges, Swiss ball, half-Bosu exercises
- Progress core, glutes, and balance work

Weight Bearing Status:

- NWB for 6-8 weeks

Brace Settings:

- Brace locked straight during ambulation or sleep for 6-8 weeks
- Unlock brace once good quad control is achieved

ROM Restrictions:

- PROM 0-90° starting POD 1

6-12 months:

- Advance functional activities
- Return to sport-specific and impact exercises when cleared by MD, typically around 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