

OSTEOCHONDRAL ALLOGRAFT FOR FEMORAL CONDYLE – SAFRAN'S REHABILITATION PROTOCOL

PHASE I (0-6 weeks)

- Weight Bearing** Heel touch WB w/ Crutches
- Brace**
0-2 week: Locked in full extension at all times
Off for CPM and exercise only
Discontinue after 2 wks
- ROM 0-6 weeks:** Use CPM for 6 hours/day, beginning at 0-40°;
Advance 5-10° daily as tolerated
- Exercises:**
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)

- Weight Bearing** Advance 25% weekly until full
Advance Phase I exercises

PHASE III (8-12 weeks)

- 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)

- 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)

- Advance functional activity
Return to sport-specific activity and impact when cleared by MD after 8 mos