

Postoperative Rehabilitation Protocol for Osteochondral Allograft Transplant



Dr. MacLean

Physical therapy should be started within a few days after surgery

Postoperative weeks 0-6

PRECAUTIONS/BRACE/CRUTCH USE

- Flat-foot weight bearing (0-25%) for balance
- Use crutches for 6 weeks
- **If osteochondral graft involving patella or trochlea, leave brace locked in extension for ambulation; unlocked at all other times**

GOALS

- Pain/edema reduction
- Enhance quad recruitment
- Restore ROM

RANGE OF MOTION

- Progress PROM and AAROM to tolerance
 - Goal 90 degrees flexion by 2 weeks
- Obtain / maintain full extension
- Stationary bike at week 2
 - No resistance, high seat. Lower the seat as motion permits.

STRENGTHENING

- SLR in brace at 0 degrees until quad can maintain knee locked
- Quad sets / hamstring co-contractions at multiple angles 10 x 10, 2-3 times daily
- Glute sets
- Patellar mobilization
- Side-lying hip and core

MODALITIES PRN

Postoperative weeks 6-12

PRECAUTIONS/BRACE/CRUTCH USE

- 50% weight bearing weeks 6-8
- Progress to WBAT after week 8
- Discontinue crutches as normal gait mechanics are restored
- No pivoting, twisting, hopping, jumping, running

RANGE OF MOTION

- Encourage full ROM as tolerated

STRENGTHENING

- Normalize gait mechanics
- Advance phase 1 exercises
- Closed chain quadriceps and hamstring exercises
- Advance gluteal strengthening exercises to closed chain
- Stationary bike / Elliptical work
- Double leg balance and proprioceptive training
- Leg Press 0-60 degrees, Mini squats, Wall sits

MODALITIES PRN

Postoperative weeks 12-24

GOALS

- Normalize gait
- Progress balance and NM control

RANGE OF MOTION

- Maintain full ROM

STRENGTHENING

- Continue exercises from last phase
- Progress lower extremity and gluteal strengthening
- Advance lower extremity strengthening exercises (open and closed chain)

If you have any problems or questions, please call your doctor's office (8am-5pm).

Answering service for after hours.

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- Progress balance and proprioception exercises (integrate balance with strengthening exercises – BOSU squat and lunges)
- Begin functional activity / sport specific work
- Include cardiovascular conditioning with elliptical, swimming, and cycle

Postoperative month 6+

GOALS

- Progress to sport specific and/or unrestricted functional activities
- Maximize strength and flexibility to meet demands of individual's sports/work activity
- *Any return to sport and high-impact activity, needs clearance from the physician to confirm healing of the graft on x-ray before that progression may begin*

RANGE OF MOTION

- Maintain full ROM

STRENGTHENING

- Continue to advance strengthening, flexibility, and agility programs
- Impact control exercises
- Jogging and running progression
- Sports/work specific balance, agility, and proprioceptive drills
- Work quad to within 15% or less difference of contralateral limb

Good to return to sport at 8-9 months.