

Rehabilitation Protocol: Osteochondral Allograft Implantation



Hospital for Joint Diseases
NYU LANGONE MEDICAL CENTER

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

- Phase I (Weeks 0-6)**
- **Weightbearing:** Non-weightbearing
 - **Bracing:**
 - Hinged knee brace locked in extension (week 1) – remove for CPM and rehab with PT
 - Weeks 2-6: Gradually open brace in 20° increments as quad control is obtained
 - D/C brace when patient can perform straight leg raise without an extension lag
 - **Range of Motion** – Continuous Passive Motion (CPM) Machine for 6-8 hours per day for 6-8 weeks
 - Set CPM to 1 cycle per minute – starting at 40° of flexion
 - Advance 10° per day until full flexion is achieved (should be at 100° by week 6)
 - PROM/AAROM and stretching under guidance of PT
 - **Therapeutic Exercises**
 - Patellar mobilization
 - Quad/Hamstring/Adductor/Gluteal sets – Straight leg raises/Ankle pumps
- Phase II (Weeks 6-8)**
- **Weightbearing:** Partial weightbearing (25% of body weight)
 - **Range of Motion** – Advance to full/painless ROM (patient should obtain 130° of flexion)
 - **Therapeutic Exercises**
 - Continue with Quad/Hamstring/Core strengthening
 - Begin stationary bike for ROM
- Phase III (Weeks 8-12)**
- **Weightbearing:** Gradually return to full weightbearing
 - **Range of Motion** – Full/Painless ROM
 - **Therapeutic Exercises**
 - Begin closed chain exercises – wall sits/shuttle/mini-squats/toe raises
 - Gait training
 - Continue with Quad/Hamstring/Core strengthening
 - Begin unilateral stance activities
- Phase IV (Months 3-6)**
- **Weightbearing:** Full weightbearing with a normal gait pattern
 - **Therapeutic exercise**
 - Advance closed chain strengthening exercises, proprioception activities
 - Sport-specific rehabilitation – jogging at 4-6 months
 - Return to athletic activity – 9-12 months post-op
 - Maintenance program for strength and endurance

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____