



Physical Therapy Protocol – Osteochondral Allograft Femoral Condyle

Diagnosis: R / L Osteochondral Allograft

Date of Procedure: _____

Frequency: 2-3 Times Per Week for ____ weeks

Weeks 0-6: *period of protection, decrease edema, activate quadriceps*

- **Weight bearing:** heel touch
- **Hinged Knee Brace:**
 - o **Weeks 0-2:** locked in full extension for ambulation and sleeping, off for exercises, CPM, and hygiene
 - o **Weeks 2-6:** discontinue when able to perform straight leg raise without extension lag
- **Range of Motion:** use CPM for 6 hours/day, 1 cycle per minute beginning at 0-40 degrees and then advance 5-10 degrees daily as tolerated **with goal of 100 degrees by week 6**, work PROM and AAROM with PT
- **Therapeutic Exercises:**
 - o **Weeks 0-2:** quad sets, straight leg raises in brace, calf pumps, passive leg hangs to 90 degrees at home
 - o **Weeks 2-6:** PROM/AAROM to tolerance, patella and tibiofibular joint mobilization, quad/hamstring stretching, glute sets, straight leg raises with brace off if no extension lag, side-lying hip and core
- **Modalities:** per therapist including E-stem, ultrasound, heat before therapy and ice after

Weeks 6-8:

- **Weight bearing:** advance 25% weekly until full
- **Hinged Knee Brace:** discontinue at 6 weeks
- **Range of Motion:** full and painless
- **Therapeutic Exercises:** advance above exercises
- **Modalities:** per therapist including E-stem, ultrasound, heat before therapy and ice after

Weeks 8-12:

- **Range of Motion:** full, painless
- **Therapeutic Exercises:** gait training, begin closed chain activities including wall sits, shuttle, mini-squats, toe raises, begin unilateral stance activities, balance training, begin stationary bike
- **Modalities:** per therapist including E-stem, ultrasound, heat before therapy and ice after

12 Weeks – 6 Months:

- **Therapeutic Exercises:** Advance above exercises, maximize core/glutes, pelvic stability work, eccentric hamstrings, advance to elliptical, stationary bike, and pool as tolerated

6-12 Months:

- Advance function activity, return to sport specific activity and impact when cleared by MD at earliest 8 months