

Rehabilitation Protocol:

Osteochondral Allograft Transplantation (Femoral Condyle)

	Weight Bearing	Brace Use	Range of Motion	Therapeutic Elements
PHASE I 0 - 2 weeks	Non-weight bearing (NWB) with crutches.	Locked in extension. Remove for CPM and exercises.	CPM: 6-8 hours per day. Start -5 to 45°. Increase 5-10° per day as tolerated.	Quad sets, SLR, hamstring isometrics, ankle pumps. Regain full extension. Hamstring stretching. Patella mobs. Start BFR training.
2 - 6 weeks	Touch-down (TDWB) with crutches.	Brace progressively opened as quad control returns.	P/AROM as tolerated. Goal: at least 90° by 4 weeks, 120° by 6 weeks.	
PHASE II 6 - 8 weeks	50% WB x 1 week, then advance to FWB as tolerated, then wean crutches.	Discontinue brace if patient has controlled SLR without extension lag.	Full A/PROM.	Begin progressive closed chain exercise. Continue BFR. Stationary bicycle.
8 - 12 weeks	Full weight bearing (FWB).	None.	Full A/PROM.	Gait training. Closed chain exercise. Balance exercises.
PHASE III 3 - 6 months	FWB with normal gait.	None.	Full A/PROM.	Advance Begin open chain strengthening. Swimming and Treadmill walking for exercise. Progress to Elliptical (EFX).
PHASE IV 6 - 12 months	FWB.	None.	Full.	Continue advanced strength training. May begin a progressive running and agility program. Consider return to high impact sports.