



**SUMMIT**  
ORTHOPEDICS  
OF TEXAS

## **Rehabilitation Protocol: Osteochondral ALLOgraft Implantation**

### **Phase I (Weeks 0-6)**

**Weightbearing:** Non-weightbearing

**Bracing:**

- Hinged knee brace locked in extension (week 1) – remove for 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 –**

- Start Passive ROM up to 40° of flexion then advance 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