

OSTEOCHONDRAL AUTOGRAFT TRANSPLANT REHABILITATION PROTOCOL

PHASE I (0 – 6 WEEKS)

Non-weight bearing. 0-1 week lock brace in full extension and remove brace for CPM and exercise. 2 – 4 weeks open brace in 20 degrees increments as quadriceps control is gained. Discontinue brace when quadriceps can control SLR. CPM for 6 – 8 hours per day. Begin at 0 – 40 degrees, 1 cycle/minute increasing 5 – 10 degrees per day with goal of 100 degrees by week 6. PROM/AAROM to tolerance, patella and tibiofibular joint mobilizations, stationary bike, quadriceps/hamstring, adduction, gluteal sets, hamstring stretches, hip strengthening, SLR and ankle pumps.

PHASE II (6 – 8 weeks)

Advance to WBAT and remove brace. Increase flexion with goal of 130 degrees. Gait training, scar and patellar mobilization, quadriceps/hamstring strengthening. Begin closed chain activities. Include wall sits, shuttle, mini-squats, toe raises and unilateral stance activities.

PHASE III (8 – 12 weeks)

Advance activities in phase II. Sport specific program.

This is a general rehabilitation protocol. It may be modified and individualized as appropriate.