

## Osteochondral Allograft

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Patient \_\_\_\_\_  
 DOS \_\_\_\_\_

Post-Op Weeks 0 – 1	Post-Op Weeks 2-5	Post-Op Weeks 6-7	Post-Op Weeks 8-9	Post-Op Week 10+
<p><b>Weight Bearing –</b> TTWB 6 Weeks</p> <p><b>Brace</b> -0-90° x2 weeks or Per MD -Locked at 0° for ambulation -Unlocked for sleeping/sitting</p> <p><b>PROM - 0-90°</b></p> <p><b>AROM - 0-90°</b></p> <p>Control swelling &amp; inflammation</p> <p>Educate on rehab progression</p> <p>Patellar Mobilization Scar Mobilization</p> <p><b>Exercises:</b> Ankle Pumps</p> <p>Quad sets (consider NMES)</p> <p>Hamstring co-contractions at multiple angles</p> <p>SLR with brace locked until adequate quad control</p> <p>Heel slides in brace</p>	<p><b>Weight Bearing –</b> TTWB</p> <p><b>Brace</b> -Unlock for ambulation when sufficient quad strength -Allow more ROM when tolerated</p> <p><b>PROM - Advance as tolerated</b></p> <p><b>AROM - Advance as tolerated</b></p> <p><b>Exercises:</b> Continue Previous</p> <p>Overball/Sportcord</p> <p>LAQ</p> <p>Hamstring Curls</p> <p>Multi-Hip Isotonics – Sidelying and Prone</p> <p>Stationary Bike</p>	<p><b>Weight Bearing – Increase to</b> WBAT</p> <p><b>PROM - Full</b></p> <p><b>AROM – Full</b></p> <p><b>Exercises:</b> Continue Previous</p> <p>Total Gym → Leg Press</p> <p>Heel Raises</p> <p>DL → SL Balance/Proprioceptive Training</p> <p>Squats</p> <p>Wall Sits</p> <p>Front Step Ups</p> <p>Lateral Step Ups</p> <p>Step Downs</p> <p>Stairmaster Elliptical Treadmill</p> <p>Aqua Therapy: walking, ROM, march, step ups/downs, squats, heel raises, hamstring curls</p>	<p><b>Weight Bearing – 100%</b> with normalized gait mechanics</p> <p><b>Exercises:</b> Continue Previous</p> <p>Single Leg Squats</p> <p>Lunges</p> <p>Core Strengthening</p> <p>Balance &amp; Reach</p> <p>Vectors</p>	<p>Continue Previous</p> <p>Assess light jogging</p> <p>Progress with plyometrics and sport specific drills.</p> <p>Refer to the Advanced ACL rehab protocol for ideas on exercises and progression</p> <p>Any Questions? Please contact:  <b>Northwoods Therapy Associates</b></p> <p>Altoona, WI (715) 839-9266</p> <p>Chippewa Falls, WI (715) 723-5060</p> <div style="border: 1px solid black; padding: 5px; text-align: center; width: fit-content; margin: 0 auto;">September 2020</div>