

OSTEOCHONDRAL ALLOGRAFT TO FEMORAL CONDYLE

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Patient _____
 DOS _____

	POW 0-6	POW 6-8	POW 8-12	POW 12-24	6 months and beyond
Weight Bearing	Heel touch WB Brace locked in extension for 2 weeks	Advance 25% weekly to full	Full weight bearing		
Brace	Locked 0° for sleeping and all activity. Off for CPM use only. DC brace at 6 weeks.	No brace			
ROM	In CPM 6 hours per day, start 0°-40°, advance 5-10° daily as tolerated	Full			
Exercises	Week 0-2 Quad sets SLR Passive leg hangs to 90° Weeks 2-6 PROM/AAROM to tolerance Patella and tibiofibular mobs Hamstring and glut sets Sidelying hip Core	Advance week 0-6 exercises with resistance and reps	Gait training TKE with ball Wall Sits Shuttle Mini squats Toe raises Beging unilateral stance training Begin balance training	Advance all previous exercises Progress closed chain activity Leg Press 0-90° Maximize core and glutes, pelvic stability Squats Front/Lateral Step up and downs Eccentric hamstring Stationary Bike, Elliptical, Pool as tolerated Double Leg Balance	Continue exercise progressions Single Leg Balance Balance and Reach Vectors Single leg squats Advance to sport specific drills and running/jumping after 8 months and being cleared by MD.
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Any Questions? Please contact:
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