

OSTEOCHONDRAL TRANSPLANT TO FEMORAL CONDYLE REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-6 weeks	Toe touch with brace and crutches	0-2 week: Locked in full extension at all times Off for CPM and exercise only Discontinue after 2 weeks when SLR without lag	0-6 weeks: Use CPM for 4-6 hours/day, beginning at 0-40°; advance 5-10° daily as tolerated	0-2 weeks: Quad sets, SLR, calf pumps, passive leg hangs to 90° at home 2-6 weeks: PROM/AAROM to tolerance, patella mobs, quad, hamstring, and glut sets, SLR, side-lying hip and core
PHASE II 6-8 weeks	Advance to full weight bearing as tolerated	None	Full	Advance Phase I exercises Gait training Begin stationary bike for ROM
PHASE III 8-12 weeks	Full	None	Full	Begin closed chain activities: wall sits, shuttle, mini-squats, toe raises Begin unilateral stance activities, balance training
PHASE IV 12 weeks – 6 months	Full	None	Full	Advance Phase III exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings May advance to elliptical, bike, pool as tolerated
PHASE V 6-12 months	Full	None	Full	Advance functional activity Return to sport-specific activity and impact when cleared by MD Moderate impact (aerobics, jogging) 8 months High impact (soccer, basketball) 10 months

- Weight bearing restrictions and brace use will be dependent on size of transplant and location of lesion. Please refer to individual PT script for patient specific instructions
- CPM may not be available depending on insurance coverage. Encourage home ROM exercises as part of HEP.