

Osteochondral Allograft Transplantation Rehab Protocol

	Weight Bearing	Brace	Range of Motion	Exercises
Phase I 0-8 weeks	0-6 weeks: Heel touch only 6-8 weeks: Advance 25% weekly until full	0-2 weeks: Locked in full extension at all times* Off for CPM, hygiene, and exercises only 2-4 weeks: Unlocked 0-45°; worn daytime only 4-6 weeks: Unlocked 0-90°; worn daytime only Discontinue after 6-8 weeks when WB comfortably	0-2 weeks: Gentle passive 0-45 as tolerated 2 weeks+: advance as tolerated 0-6 weeks: use CPM 6 hours/day, advance 5-10 degrees/day as tolerated, d/c at 6wks Goals: 0-2 weeks: 0-30° 2-4 weeks: 0-60° 4-6 weeks: 0-90°	0-2 weeks: Quad sets, SLR, calf pumps, passive leg hangs to 45° at home 2-6 weeks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets/stretching, side-lying hip and core 6-8 weeks: Addition of heel raises, closed chain exercises, gait normalization, eccentric quads, eccentric hamstrings; advance core, glutes and pelvic stability
Phase II 8-12 weeks	Full	None	Full	Progress closed chain activities and gait training Begin unilateral stance activities, balance training, hamstring work, hip/core/glutes Begin stationary bike at 10 wks with low resistance as tolerated
Phase III 12-24 weeks	Full	None	Full	Maximize core/glutes, pelvic stability work, eccentric hamstrings, balance Swimming as tolerated after 12 weeks Elliptical as tolerated after 16 weeks
Phase IV 6-12 months	Full	None	Full	Advance functional activity without impact Return to sport-specific activity and impact when cleared by MD after 6-8 months

*Brace may be removed at night after first postoperative visit (day 10-14) if directed

**No change to protocol if alignment correction (e.g., HTO, DFO, TTO) is performed concomitantly