Osteochondral Allograft Transplantation Rehabilitation Program

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Diagnosis: Right / Left Osteochondral allograft transplantation ________________________________

Date of Surgery: ________________________________

Weeks 0-6 (Phase I):
➢ Weightbearing
  • 0-4 weeks: Non-weightbearing (NWB)
➢ Brace/ROM
  • 0-2 weeks: Brace locked in extension at all times (except for hygiene and CPM use)
  • 2-4 weeks: Slowly open brace in 20° increments as quad control gained
  • 0-6 weeks: CPM use 6-8 hrs/day, 1 cycle/min, advance 5-10°/day beginning from 0-40°, pt should be to
    100° or more of flexion by 6 weeks
➢ Exercise
  • 0-6 weeks: PROM/AAROM to tolerance, patella mobs, quad/hamstring/gluteal sets, hamstring stretches,
    hip strengthening, SLRs

Weeks 4-8 (Phase II):
➢ Progress to partial weight bearing (50%) with the aid of crutches or a walker
➢ Wean out of brace as quad strength returns
➢ Continue to increase flexion, should have 130° by 8 weeks
➢ Initiate stationary bike at low resistance
➢ Progress active strengthening of entire lower extremity

Weeks 8-12 (Phase III):
➢ Return to full weight bearing as tolerated
➢ Gait training
➢ Closed chain activities: wall sits, mini squats, toe raises etc), being unilateral stance activities

Months 3-6 (Phase IV):
➢ Advance phase IV activities
➢ Progress to full activities as tolerated
➢ Full return typically at 6-9 months

For more information please visit: www.tsaog.com/drnuelle