



Osteochondral Allograft Transplantation Rehabilitation Program

Clayton W. Nuelle, MD

Department of Sports Medicine

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