



Osteochondral Autograft Transplantation Rehabilitation Program

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Diagnosis: Right / Left Osteochondral autograft transplantation _____

Date of Surgery: _____

Weeks 0-6 (Phase I):

- Weightbearing
 - 0-6 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 6-8 (Phase II):

- Progress to full weight bearing
- 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):

- Advance activities from Phase II
- Advance activities as tolerated
- Closed chain activities: wall sits, mini squats, toe raises etc), being unilateral stance activities
- Clearance to return to activities at 3-6 months

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