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OSTEOCHONDRAL ALLOGRAFT TO FEMORAL CONDYLE REHABILITATION PROTOCOL

	WEIGHT BEARING	**BRACE**	ROM	**EXERCISES**
PHASE I 0-4 weeks	Heel touch	**0-2 week**: Locked in full extension Off for exercise only **Discontinue after 2 wks**	**0-2 weeks: 0-90** **2-4 weeks: 0-120**	**0-2 weeks**: Quad sets, SLR, patellar mobilization, passive leg hangs to 90° at home **2-4 weeks**: Quad, hamstring, and glut sets, SLR, side-lying hip and core. Stationary bike
PHASE II 4-8 weeks	Weightbearing as tolerated, wean crutches	None	Full	Advance Phase I exercises
PHASE III 8-12 weeks	Full	None	Full	Begin closed chain strengthening: 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, 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 after 6-8 mos