

## Femoral Osteochondral Allograft Protocol

	<b>Phase I: weeks 0-2</b>	<b>Phase II: 3-6 weeks</b>	<b>Phase III: weeks 7-8</b>
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> <li>• TTWB only with crutches</li> <li>• Brace locked in full extension while ambulating and sleeping</li> <li>• Brace may be unlocked 0-90° when completing PROM exercises</li> </ul>	<ul style="list-style-type: none"> <li>• TTWB only with crutches</li> <li>• May discontinue brace when comfortable</li> </ul>	<ul style="list-style-type: none"> <li>• Advance weight-bearing by 25% per week until WBAT</li> <li>• Gait training</li> </ul>
Aerobic	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> <li>• PROM 0-90° (except as noted above while ambulating and sleeping)</li> <li>• Isometric quad sets</li> <li>• Patellar mobilization</li> <li>• Straight-leg raises (with brace)</li> <li>• Ankle pumps</li> </ul>	<ul style="list-style-type: none"> <li>• Continue Phase I exercises</li> <li>• PROM and AAROM as tolerated</li> <li>• Tib/Fib joint mobilization</li> <li>• Hamstring sets</li> <li>• Gluteal sets</li> <li>• Straight-leg raises (without brace)</li> <li>• Side-lying hip and core strengthening</li> </ul>	<ul style="list-style-type: none"> <li>• Continue Phase II exercises</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Modalities as needed to reduce pain/swelling and for muscle re-education</li> <li>• Home Exercise Program (HEP) per discretion of Physical Therapist</li> </ul>		
Goals	<ul style="list-style-type: none"> <li>• Pain control</li> <li>• Protection of tissue healing</li> <li>• Minimize joint stiffness</li> </ul>	<ul style="list-style-type: none"> <li>• Pain control</li> <li>• Protection of tissue healing</li> <li>• Regain full ROM</li> <li>• Begin light muscle conditioning</li> </ul>	<ul style="list-style-type: none"> <li>• Protection of tissue healing</li> <li>• Achieve full ROM if not attained already</li> <li>• Advancement of Phase II exercises</li> </ul>

	<b>Phase IV: weeks 9-12</b>	<b>Phase V: months 3-6</b>	<b>Phase VI: months 6+</b>
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> <li>• Advance weight-bearing by 25% per week until WBAT</li> <li>• Gait training</li> </ul>	<ul style="list-style-type: none"> <li>• WBAT</li> </ul>	
Aerobic	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• May begin biking, elliptical machine, and pool exercises (no impact or running exercise)</li> </ul>	<ul style="list-style-type: none"> <li>• May begin walk-jog-run progression (Alter-G if available)</li> </ul>
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> <li>• Continue Phase III exercises</li> <li>• Begin closed-chain exercises <ul style="list-style-type: none"> <li>▸ Wall sits</li> <li>▸ Shuttle</li> <li>▸ Mini squats</li> <li>▸ Toe raises</li> </ul> </li> <li>• Begin unilateral stance activities and balance training</li> </ul>	<ul style="list-style-type: none"> <li>• Continue Phase IV exercises</li> <li>• Advance exercise as tolerated with focus on maximizing core, gluteal, quadriceps, and hamstring</li> </ul>	<ul style="list-style-type: none"> <li>• Continue Phase V exercises</li> <li>• Transition to sport-specific training</li> <li>• May begin plyometrics and dynamic loading exercises at 8 months</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Modalities as needed to reduce pain/swelling and for muscle re-education</li> <li>• Home Exercise Program (HEP) per discretion of Physical Therapist</li> </ul>		
Goals	<ul style="list-style-type: none"> <li>• WBAT</li> <li>• Begin closed-chain strengthening</li> <li>• Begin balance exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Progress strengthening</li> <li>• Begin aerobic exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Progress aerobic exercise</li> <li>• Advance to sport-specific and more dynamic activities as tolerated</li> </ul>