

Center for Athletic Medicine
Dr. Preston Wolin
Osteochondral Allograft Transplant Protocol

~Please call 773.248.4150 with any and all questions~

Post op week 0 to 6:

Non-weight bearing

Brace locked in FULL EXTENSION for the first 2 weeks (removed only for CPM and exercises)

Between weeks 2 to 4, gradually open brace in 20° increments as quad control is gained
Discontinue brace when quads can control SLR without an extension lag.

ROM: CPM should be used for 6-8 hours per day, beginning at 0-40° and increasing by 5-10° daily per patient comfort; patient should gain 100° by week 6

PROM/AAROM to tolerance

Patella and tibiofibular joint mobs (grades I & II)

Quad, hamstring, and gluteal sets

Hamstring stretches

Hip strengthening

SLR

Post op week 6 to 8:

Partial weight bearing (25%)

Brace discontinued

Gradually increase ROM, patient should have 130° of flexion

Scar and patellar mobs

Quad/hamstring strengthening

Stationary bike for ROM

Continue to advance lower extremity strengthening activities

Post op week 8 to 12:

Gradually return to full weight bearing

Progress to full and pain-free ROM

Gait training

Begin closed-chain activities (wall sits, shuttle, mini-squats, toe raises)

Begin unilateral stance activities

Post op week 12 to 6 months:

Full weight bearing with normalized gait pattern

ROM full and pain-free

Advance activities from 8 to 12 week period