

OSTEOCHONDRAL ALLOGRAFT TO FEMORAL CONDYLE REHABILITATION PROTOCOL

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Patient _____
DOS _____

	POW 0-2	POW 2-6	POW 6-8	POW 8-12	POW 12 weeks - 6 months	POW 6 to 12 months
WEIGHT BEARING	Heel Touch		Advance 25% weekly until full weight bearing	Full Weight Bearing		
BRACE	Locked in Full Extension at all times Off for CPM and exercise only	Discontinue				
ROM	Use CPM for 6 hours/day beginning at 0-40°, advance 5-10° daily as tolerated PROM/AAROM to tolerance		Full			
EXERCISES	Quad Sets SLR Heel Pumps Passive leg hangs to 90° at home	Continue previous Patellar Mobs Tibiofibular Mobs Hamstring Sets Glute Sets Side-lying Hip Abduction Core	Progress previous Hamstring Curls Bridges Prone Hip Extension	Gait Training Wall sits Shuffle Mini-Squats Toe Raises Double Leg Balance Single Leg Balance	Maximize core/glutes Pelvic stability work Eccentric Hamstring work May advance to elliptical, bike, pool as tolerated	Advance functional activity Return to sport specific activity and impact when cleared by MD after 8 months Revised Jan 2023

Any Questions? Please contact:
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