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Osteochondral Allograft: Femoral Condyle

| <u>Postop</u> | <u>Goals</u> | <u>Precautions</u> | <u>Exercises</u> |
|-------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Weeks 0-2 HEP daily | Full passive extension Edema and pain control Promote independence | TTWB (20%) XROM Brace locked at 0° except for approved exercises and CMP CPM (6hrs/day) Weeks 0-2: 0-40° Advance 5-10° per day as tolerated | Quad sets/SLR Calf pumps Passive leg hangs to 90° Stretches: hamstring and gastroc |
| Weeks 2-6 PT 1-2x/week HEP daily | Full passive extension 120° knee flexion Prevent quad inhibition Edema and pain control Promote independence | TTWB (20%) Brace locked at 0° except for approved exercises and CMP CPM (6hrs/day) Weeks 2-4: 0-90° Weeks 4-6: 0-120° | AA/PROM pain free Towel extension Patella mobilization Quad re-education SLR in all planes Hip/Core resisted exercises LE flexibility exercises |
| Weeks 6-12 PT 2-3x/week HEP daily | Full ROM Normal gait pattern Ascend 8" step with control Normal patella mobility Improve ADL endurance | Progress WB 25% per week until full DC brace when adequate quad Avoid descending stairs reciprocally Avoid painful activities No running | Continue above exercises Gait training Closed chain activities: wall sits, mini-squats, toe raises, stationary bike, leg press 0-60° Proprioception training Initiate step-up program |
| Weeks 12-20 PT 2-3x/week HEP daily | Return to normal ADLs Improve endurance Descend 8" step with control 85% limb symmetry Improve strength/flexibility | WBAT Avoid painful activities No running Forward step down test at 4 months Isokinetic testing at 4 months | Continue and advance above Progress squat program Leg press (emphasize eccentrics) Retrograde treadmill Initiate step down program Advance to elliptical, bike, pool Open chain extension to 40° |
| Weeks 20+ PT 1x/week HEP daily | No apprehension with sport specific movements Maximize strength and flexibility to meet sporting demands | Avoid painful activities No running until: Strength >70% contralateral No agility training until: Strength >90% contralateral No RTP until: Passes RTP evaluation MD clearance | Continue and advance above Begin forward running Begin plyometric program |