

Post-Operative Rehabilitation Guidelines for Osteochondral Allograft Femur

- Rehab Protocol

0-6 Weeks:

- Strict NWB with crutches
- Knee immobilizer until quad control is adequate
- Quad sets, Patellar mobilization, SLR

6-8 Weeks:

- Progress to Full WB by 6 weeks post op
- D/C any immobilizer
- Begin Active ROM as tolerated. Advance to full ROM.
- SLR, Closed Chain Quad Strengthening, Hip Strengthening
- May initiate stationary bike for ROM.

8-12 Weeks:

- Full Pain free ROM
- Begin closed chain activities (wall sits, mini-squats, lunges, shuttle)

12 Weeks:

- Normal pain free gait.
- Progressive Active strengthening
- Begin sports specific exercises