



Osteochondral Allograft Patella/Trochlea

Post-Operative Rehabilitation Protocol

0-1 weeks

- WBAT with crutches
- Brace locked in full extension at all times
- Patellar mobilization
- Quad Sets
- Ankle Pumps
- Passive Leg Hangs to 45°
- 0-6 weeks: Use CPM for 4-6 hours per day, beginning 0-30° then progress to 0-60° and 0-90° as tolerated.

1-6 weeks

- Continue WBAT
- Discontinue crutches once gait is normalized and non-antalgic
- Gait training
- Brace unlocked and worn daytime only (Discontinue when adequate quad control has been achieved → SLR without extension lag)
- PROM/AROM as tolerated
- Patellar mobilization
- Quad, hamstring, and glut sets
- SLR
- Side lying hip and core

6-8 weeks

- Full pain free ROM
- Progress active strengthening
- Advance Phase 1 exercises
- Begin stationary bike

8-12 weeks

- Normal pain free gait
- Progressive active strengthening
- Begin closed chain exercises
- Wall sits, shuttle, mini squats, toe raises
- Begin unilateral stance activities
- Implement balance training

Weight Bearing Status

WBAT

Brace Settings

Hinged knee brace until good quad control (usually within 1-2 weeks)

ROM Restrictions

PROM beginning POD 1



3-6 months

- Advance Phase III exercises
- Maximize core/glutes
- Pelvic stability work
- Eccentric hamstrings
- Continue to progress active strengthening
- May advance to elliptical, bike, and pool as tolerated

6-12 months

- Advance functional activity
- Begin sports specific exercises
- Return to sport when cleared by MD usually at 9 months



Exercise	Week														
	1	2	3	4	5	6	7	8	9	10	16	20	26	32	
Initial Exercises:															
ROM Goals	0-90°			0-125°			Progress to full								
Flexion/extension, wall slides	[Green bar]														
Flexion/extension- seated	[Green bar]														
Patella/Tendon mobilization	[Green bar]	[Green bar]													
Extension mobilization	[Green bar]														
Quad Series	[Green bar]														
Hamstring strength progression	[Green bar]	[Green bar]													
CPM Use	[Green bar]														
Ankle Pumps	[Green bar]														
Crutch weaning	WBAT														
SLR (w/ brace until quad control restored)	[Green bar]	[Green bar]													
Toe and Heel Raises	[Green bar]														
Balance Series	[Green bar]														
Weight-bearing Strength Exercises:															
Leg Bridges (2 → 1 leg)	[Green bar]	[Green bar]													
SLS Balance progressions	[Green bar]														
Beginning cord exercises	[Green bar]														
Squat/Leg press (ISO → reps, 2 → 1 leg)	[Green bar]														
Step-up/Lunge Progressions	[Green bar]														
Dead Lift (2 → 1 leg)	[Green bar]														
Cardiovascular Exercises:															
Bike with non-operative leg no resistance	[Green bar]	[Green bar]													
Bike with both legs- no resistance progress as tolerated	[Green bar]														
Aqua jogging	[Green bar]														
Treadmill-walking (no limp)	[Green bar]														
Swimming with fins	[Green bar]														
Elliptical Trainer	[Green bar]														
Stair stepper	[Green bar]														
*Note for Cardio Exercises	Must tolerate daily walking with no limp & no significant increase in pain/swelling prior to initiating WB cardio (walk, elliptical, stepper)														
Agility Exercises:															
Running Progression	[Green bar]														
Initial-Single Plane	[Green bar]														
Advance-Multi Directional	[Green bar]														
Functional Sports Test	[Green bar]														
High Level Activities:															
Golf Progression	[Green bar]														
Outdoor biking, hiking, running	[Green bar]														
Return to Full Sport at 9 months post-op	[Green bar]														

Adapted from post-operative protocol created by Howard Head Physical Therapy, Jill Monson, PT, OCS and Jon Schoenecker, PT, OCS, CSCS



Quad Series:

