

Femoral Osteochondral Allograft Protocol

	Phase I: weeks 0-2	Phase II: 3-6 weeks	Phase III: weeks 7-8
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> • TTWB only with crutches • Brace locked in full extension while ambulating and sleeping • Brace may be unlocked 0-90° when completing PROM exercises 	<ul style="list-style-type: none"> • TTWB only with crutches • May discontinue brace when comfortable 	<ul style="list-style-type: none"> • Advance weight-bearing by 25% per week until WBAT • Gait training
Aerobic	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • None
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> • PROM 0-90° (except as noted above while ambulating and sleeping) • Isometric quad sets • Patellar mobilization • Straight-leg raises (with brace) • Ankle pumps 	<ul style="list-style-type: none"> • Continue Phase I exercises • PROM and AAROM as tolerated • Tib/Fib joint mobilization • Hamstring sets • Gluteal sets • Straight-leg raises (without brace) • Side-lying hip and core strengthening 	<ul style="list-style-type: none"> • Continue Phase II exercises
Other	<ul style="list-style-type: none"> • Modalities as needed to reduce pain/swelling and for muscle re-education • Home Exercise Program (HEP) per discretion of Physical Therapist 		
Goals	<ul style="list-style-type: none"> • Pain control • Protection of tissue healing • Minimize joint stiffness 	<ul style="list-style-type: none"> • Pain control • Protection of tissue healing • Regain full ROM • Begin light muscle conditioning 	<ul style="list-style-type: none"> • Protection of tissue healing • Achieve full ROM if not attained already • Advancement of Phase II exercises

	Phase IV: weeks 9-12	Phase V: months 3-6	Phase VI: months 6+
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> • Advance weight-bearing by 25% per week until WBAT • Gait training 	<ul style="list-style-type: none"> • WBAT 	
Aerobic	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • May begin biking, elliptical machine, and pool exercises (no impact or running exercise) 	<ul style="list-style-type: none"> • May begin walk-jog-run progression (Alter-G if available)
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> • Continue Phase III exercises • Begin closed-chain exercises <ul style="list-style-type: none"> ▸ Wall sits ▸ Shuttle ▸ Mini squats ▸ Toe raises • Begin unilateral stance activities and balance training 	<ul style="list-style-type: none"> • Continue Phase IV exercises • Advance exercise as tolerated with focus on maximizing core, gluteal, quadriceps, and hamstring 	<ul style="list-style-type: none"> • Continue Phase V exercises • Transition to sport-specific training • May begin plyometrics and dynamic loading exercises at 8 months
Other	<ul style="list-style-type: none"> • Modalities as needed to reduce pain/swelling and for muscle re-education • Home Exercise Program (HEP) per discretion of Physical Therapist 		
Goals	<ul style="list-style-type: none"> • WBAT • Begin closed-chain strengthening • Begin balance exercise 	<ul style="list-style-type: none"> • Progress strengthening • Begin aerobic exercise 	<ul style="list-style-type: none"> • Progress aerobic exercise • Advance to sport-specific and more dynamic activities as tolerated