



Orthopaedic Associates of Zanesville

Post Operative Physical Therapy Guidelines

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Osteochondral Allograft Implantation or Osteochondral Autograft Transplant

The intent of this protocol is to provide the clinician with a general guideline of the post-operative course of the patient that has undergone the above stated procedure. It is by no means intended to substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of possible post-operative complications. If a clinician requires assistance in the progression, please contact the referring surgeon's office.

0-6 Weeks:

- Strict NWB with crutches
- Knee immobilizer until quad control is adequate
- Quad sets, Patellar mobilization, SLR
- CPM for 6 hours/day, beginning at 0- 40°; advance 5- 10° daily as tolerated

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