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POST-OPERATIVE REHABILITATION PROTOCOL

Osteochondral Allograft Transplant

- Osteochondral Allograft Transplantation Rehabilitation Program

Weeks 0–6 (Phase I) PROTECT THE GRAFT

WEIGHTBEARING

GOALS WB per protocol

0–4 Weeks

- Non-weightbearing (NWB) Brace/ROM:

0–2 Weeks

- Brace locked in extension at all times (except for hygiene / CPM use)

2–4 Weeks

- Slowly open brace in 20° increments as quad control gained
- **Patella:** Restricted from 0–90 for the first 4 weeks Exercise:

0–6 Weeks

- PROM/AAROM to tolerance, patella mobs, quad/hamstring/gluteal sets, hamstring stretches, hip strengthening, SLRs

Weeks 4–8 (Phase II) MOTION & GAIT

- Progress to partial weight bearing (50%) with the aid of crutches or a walker; wean out of brace as quad strength returns
- Continue to increase flexion, should have 130° by 8 weeks; initiate stationary bike at low resistance, aqua jogging
- Progress active strengthening of entire lower extremity

GOALS Normalize gait

Weeks 8–12 (Phase III) BUILD STRENGTH

- Return to full weight bearing as tolerated; gait training
- **Closed chain activities:** wall sits, mini squats, toe raises etc), being unilateral stance activities; stationary bike with increasing resistance

GOALS Full ROM

Months 3–6 (Phase IV) ADVANCED STRENGTH

- Advance phase IV activities; progress to full activities as tolerated; full return typically at 6–9 months

GOALS Graduated impact

Return to Sport & Discharge Criteria

- Full pain-free ROM, no effusion, normalized gait; quad strength $\geq 90\%$
- Impact only after graft maturation; return to sport per Dr. Kelly (commonly 9–12 months)

Time frames are guidelines — progress when phase goals are met, per Dr. Kelly and the treating therapist.

