



***OSTEOCHONDRAL ALLOGRAFT OF FEMORAL CONDYLE
POSTOPERATIVE PROTOCOL***

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Board-certified, Attending Orthopaedic Surgeon

Fellowship-trained in Sports Medicine and Arthroscopy

Weight Bearing:

Week 0-6: TDWB (Touch-down weight bearing) with crutches

Week 6-8: transition to WBAT (weight bearing as tolerated)

After wk 8: full weight bearing

Brace:

Week 0-2: Post-op hinged knee brace; locked at 0° ext

Week 2-6: Unlock brace for ROM

ROM:

Week 0-2: CPM 6-8 hours/day, start 10-40°; increase to goal of 0-90° after 2 wks

PT: A/PROM 0-90 degrees

After week 2: discontinue CPM

PT: A/P to full as tolerated

Exercise:

Week 0-2: quad/hamstring isometrics, SLR's, heel slides, quad sets

Week 2: begin low resistance stationary bike, swimming (after suture removal)

Week 8-12: closed chain quadriceps/hamstring strengthening program

Week 12-16: light jog/walk intervals

After wk 16: full running, cutting, pivoting

If you have any questions, please contact our clinic.

Adapted courtesy of Dr. Tim McAdams.