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## **COMBINED OSTEOCHONDRAL ALLOGRAFT AND MENISCAL ALLOGRAFT TRANSPLANTATION REHABILITATION PROTOCOL**

### **Phase 1: 0-2 weeks**

WB: NWB, bearing with crutches

Brace: Locked in full extension for sleeping and all activity

CPM: Start POD 2, Start 0-40 degrees ADAT goal is 90 degrees by end of week 2

Discontinue with 90 deg achieved for 3 days straight without discomfort

ROM: 0-90° when non-weight bearing

Exercises: Heel slides, quad sets,  
patellar mobs, SLR, SAQ\*\*

\*\*\*No weight bearing with flexion >90°

Brace off for exercises and hygiene

### **PHASE II: 2-8 weeks**

WB: 2-6 weeks: Heel touch WB with crutches

WB: 2-8 weeks: TTWB advance to 25% WB by week 5, progress to full WB at week 6

\*Wean from crutches as gait improves

\*\*\*No WB with flexion over 90 degrees

ROM: 0-90 deg at week 2, 0-105 deg at week 4, 0-120 at week 6

Brace: Off at night, unlocked 0-90

Exercises: Addition of heel raises, total  
gym (closed chain), terminal  
knee extensions\*\*

6-8 weeks:

Activities w/ brace until 6 weeks; then w/o brace as tolerated

No weight bearing with flexion >90°

### **PHASE III: 8-12 weeks**

WB: Full

Brace: None

WB: Full

Exercises: Progress closed chain activities

Begin hamstring work, lunges/leg press 0-90°,

proprioception exercises,

balance/core/hip/glutes

Begin stationary bike

### **PHASE IV: 12-20 weeks**

WB: Full

Brace: None

WB: Full

Exercises: Phase III exercises and functional activities:  
single leg balance, core, glutes, eccentric hamstrings,  
elliptical, and bike Swimming okay at 16 wks

**PHASE V: > 20 weeks**

WB: Full

Brace: None

WB: Full

Exercises: Advance to sport-specific  
drills and running/jumping once cleared by MD

\*Brace may be removed for sleeping after first post-operative visit (day 7-14)

\*\*Avoid any tibial rotation for 8 weeks to protect meniscus