

Jay F. Deimel, MD

ORTHOPAEDIC SURGERY

SPORTS MEDICINE

KNEE OSTEOCHONDRAL ALLOGRAFT OF FEMORAL CONDYLE POST OPERATIVE PHYSICAL THERAPY PROTOCOL

Brace:

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

Week 2-6: Unlock brace for Passive ROM (see below)

After wk 6: Brace is discontinued by therapist after FWB achieved without crutches

Weight Bearing:

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

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

ROM:

Week 0-2: CPM 6-8 hours/day, start 10-40°; increase 5-10 degrees per day with goal of 0-90°. PT: A/PROM 0-90 degrees

After wk 2: discontinue CPM. PT: A/PROM to full as tolerated

Exercise:

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

Week 2-8: 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: progress to full running, cutting, pivoting.

Month 4-6: Return to full activities and contact sports as directed by MD and therapist.

***Please direct questions to Dr. Deimel and his team at 814-454-2401.**