

Post-Operative Rehabilitation Guidelines for Osteochondral Allograft Femur and Meniscus Transplant - Rehab Protocol

0-6 Weeks:

- Strict NWB with crutches
- Knee immobilizer until quad control is adequate
- CPM 0 - 90
- Quad sets, Patellar mobilization, SLR
- From 2 wks on: Side lying hip and core, advance quad set and stretching.

6-8 Weeks:

- Progress to Full WB by 8 weeks post op
- D/C immobilizer
- Begin Active ROM as tolerated. Caution over 90° to protect posterior horn
- Heel raises, total gym (closed chain), gait normalization, eccentric quads, eccentric hamstrings. Advance core, glutes, and pelvic stability.

8-12 Weeks:

- Full Pain free ROM
- Progress closed chain activities
- Advance hamstring work, lunges/leg press 0-90 only, proprioception/balance exercises.
- Begin stationary bike.

12 Weeks:

- Progress phase III and functional activities
- Walking lunges, planks, bridges, swiss ball, half bosu exercises.
- Advance core/glutes and balance.