

## OCD ALLOGRAFT REHABILITATION PROTOCOL

(TO BE GIVEN TO YOUR PHYSICAL THERAPIST)

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I:</b>				
Week 0-2	<ul style="list-style-type: none"> <li>NWB</li> </ul>	<ul style="list-style-type: none"> <li>Hinged knee brace locked in extension—remove for CPM and rehab with PT</li> </ul>	<ul style="list-style-type: none"> <li>Continuous Passive Motion (CPM) Machine for 6-8 hours per day for 8 weeks</li> <li>Set CPM to 1 cycle per minute – set at 0-30° for first 3 weeks</li> <li>PROM/AAROM and stretching under guidance of PT</li> </ul>	<ul style="list-style-type: none"> <li>Weeks 0-4: Straight leg raise/Quad sets, Hamstring isometrics</li> <li>Perform exercises in the brace if quad control is inadequate</li> </ul>
Week 2-4	<ul style="list-style-type: none"> <li>Partial WB (30-40 lbs)</li> </ul>	<ul style="list-style-type: none"> <li>Locked in extension for weight bearing – Can open brace for NWB ROM 0-30°</li> </ul>	<ul style="list-style-type: none"> <li>Starting at week 3 increase flexion 5-10° per day until full flexion is achieved</li> </ul>	<ul style="list-style-type: none"> <li>Weeks 0-4: Straight leg raise/Quad sets, Hamstring isometrics</li> <li>Perform exercises in the brace if quad control is inadequate</li> </ul>
Week 4-8	<ul style="list-style-type: none"> <li>Continue with partial WB (progress to use of one crutch at weeks 6-8)</li> </ul>	<ul style="list-style-type: none"> <li>Open brace to 30° for ambulation</li> <li>D/C brace at week 6 post-op</li> </ul>	<ul style="list-style-type: none"> <li>Should be at 90° by week 6 and 120° by week 8</li> </ul>	<ul style="list-style-type: none"> <li>Weeks 4-10: Begin isometric closed chain exercises</li> <li>At week 6 can start weight shifting activities with operative leg in extension</li> </ul>
Week 8-12	<ul style="list-style-type: none"> <li>Progress to full WB with discontinuation of crutch use</li> </ul>	<ul style="list-style-type: none"> <li>None</li> </ul>	<ul style="list-style-type: none"> <li>Advance to full/painless ROM</li> </ul>	<ul style="list-style-type: none"> <li>Weeks 4-10: Begin isometric closed chain exercises</li> <li>At week 8 can begin balance exercises and stationary bike with light</li> <li>Weeks 10-12: hamstring strengthening, theraband resistance exercises 0-30°, light open-chain knee isometrics</li> </ul>
<b>PHASE II:</b>				

Week 12-24	<ul style="list-style-type: none"> <li>• Full WB with normal gait pattern</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Advance to full/painless ROM</li> </ul>	<ul style="list-style-type: none"> <li>• Gait training/treadmill use at slow-moderate pace</li> <li>• Progress balance/proprioception exercises</li> <li>• Start sport cord lateral drills</li> </ul>
<b>PHASE III:</b>				
Month 6-9	<ul style="list-style-type: none"> <li>• Full WB with normal gait pattern</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Advance to full/painless ROM</li> </ul>	<ul style="list-style-type: none"> <li>• Advance closed chain strengthening/Start unilateral closed chain exercises</li> <li>• Progress to fast walking and backward walking on treadmill (add incline at 8 months)</li> <li>• Start light plyometric training</li> </ul>
<b>PHASE IV:</b>				
Month 9-18	<ul style="list-style-type: none"> <li>• Full WB with normal gait pattern</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Full/painless ROM</li> </ul>	<ul style="list-style-type: none"> <li>• Continue closed chain strengthening exercises and proprioception activities</li> <li>• Emphasize single leg loading</li> <li>• Sport-specific rehabilitation – jogging/agility training at 9 months</li> <li>• Return to impact athletics – 6 months (if pain free)</li> <li>• Maintain program for strength and endurance</li> </ul>