

OCD ALLOGRAFT REHABILITATION PROTOCOL

(TO BE GIVEN TO YOUR PHYSICAL THERAPIST)

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
PHASE I:				
Week 0-2	<ul style="list-style-type: none"> NWB 	<ul style="list-style-type: none"> Hinged knee brace locked in extension—remove for CPM and rehab with PT 	<ul style="list-style-type: none"> Continuous Passive Motion (CPM) Machine for 6-8 hours per day for 8 weeks Set CPM to 1 cycle per minute – set at 0-30° for first 3 weeks PROM/AAROM and stretching under guidance of PT 	<ul style="list-style-type: none"> Weeks 0-4: Straight leg raise/Quad sets, Hamstring isometrics Perform exercises in the brace if quad control is inadequate
Week 2-4	<ul style="list-style-type: none"> Partial WB (30-40 lbs) 	<ul style="list-style-type: none"> Locked in extension for weight bearing – Can open brace for NWB ROM 0-30° 	<ul style="list-style-type: none"> Starting at week 3 increase flexion 5-10° per day until full flexion is achieved 	<ul style="list-style-type: none"> Weeks 0-4: Straight leg raise/Quad sets, Hamstring isometrics Perform exercises in the brace if quad control is inadequate
Week 4-8	<ul style="list-style-type: none"> Continue with partial WB (progress to use of one crutch at weeks 6-8) 	<ul style="list-style-type: none"> Open brace to 30° for ambulation D/C brace at week 6 post-op 	<ul style="list-style-type: none"> Should be at 90° by week 6 and 120° by week 8 	<ul style="list-style-type: none"> Weeks 4-10: Begin isometric closed chain exercises At week 6 can start weight shifting activities with operative leg in extension
Week 8-12	<ul style="list-style-type: none"> Progress to full WB with discontinuation of crutch use 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Advance to full/painless ROM 	<ul style="list-style-type: none"> Weeks 4-10: Begin isometric closed chain exercises At week 8 can begin balance exercises and stationary bike with light Weeks 10-12: hamstring strengthening, theraband resistance exercises 0-30°, light open-chain knee isometrics
PHASE II:				
Week 12-24	<ul style="list-style-type: none"> Full WB with normal gait pattern 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Advance to full/painless ROM 	<ul style="list-style-type: none"> Gait training/treadmill use at slow-moderate pace Progress balance/proprioception exercises Start sport cord lateral drills

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