## KNEEbraska Matthew R. Byington, DO

## Orthopaedic Surgeon—Board Certified

Sports Medicine & Arthroscopic Surgery // Knee & Shoulder Reconstruction
Prairie Orthopaedic & Plastic Surgery 4130 Pioneer Woods Dr, Suite 1, Lincoln, NE 68506

Phone: (402) 489-4700 Fax: (402) 489-5220

## www.KNEEbraska.com // www.drmattbyington.com // www.prairie-ortho.com

## OSTEOCHONDRAL ALLO/AUTOGRAFT TO FEMORAL CONDYLE REHABILITATION PROTOCOL

	WEIGHT	BRACE	ROM	EXERCISES
DILA CID I	BEARING	0.2	0.2 1 00014	0.2
PHASE I	Touch down	0-2 weeks: locked	0-2 weeks: PROM	0-2 weeks: quad
0-6 weeks		in full extension at	to 90 degrees	sets, SLR, ankle
		all times	flexion	pumps, passive leg
		OCC C	2.6 1	hangs over edge of
		Off for exercises	2-6 weeks:	bed/chair to 90
		only	PROM/AAROM to tolerance	degrees at home
		May unlock brace		2-6 weeks:
		to flexion tolerance		PROM/AAROM as
		at 2 weeks		tolerated, patella
				mobilizations,
		May take off at		quad/glute/hamstring
		night for sleeping at		sets, SLR, sidelying
		2 weeks		hip and core
PHASE II	Advance 25%	May D/C brace at	Full	Advance Phase I
6-8 weeks	weekly until full	8 weeks		
PHASE III	Full	NA	Full	Gait training, begin
8-12 weeks				closed chain
				activities: wall sits,
				mini squats, toe
				raises; begin balance
				training (single leg)
PHASE IV	Full	NA	Full	Advance Phase III,
12 weeks-				maximize
6 months				glutes/core,
				lumbopelvic stability
				work, eccentric
				hamstrings
				Elliptical, bike
PHASE V	Full	NA	Full	Advance to
6-12 months				functional tasks
				Return to sport-
				specific drills and
				impact when cleared
				by surgeon after 8
				months