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**OSTEOCHONDRAL ALLO/AUTOGRAFT TO FEMORAL CONDYLE
 REHABILITATION PROTOCOL**

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