

Sports Medicine

Osteochondral Allograft Transfer System Post Op Protocol

Timing of each phase varies based on: size of the plug, quality of tissue, length of time immobilized, strength/range of motion status, and expected performance/activity demands.

Brace/Crutches:

- Strict toe touch weight bearing 0-4 wks
- Crutch Training 0-3 wks
- Begin partial weight bearing 4 wks
- Full weight bearing 5-6 wks

ROM Limitations:

- 0-2 wks: 0-90° – Progress as tolerated
- 6+ wks: Full range of motion

Modalities:

- At Therapists Discretion
- ICE use 3-4 x/day for first 10-14 days.

Aquatic Therapy:

- 2 wks if wounds healed
- Flutter Kick Only



Phase 1 - Protection/Range of Motion (Post-Op Weeks: 0-4)

Goal: Protect Graft, Control Inflammation

A. Protection/Immediately Post-Op

ROM 0-90° - Progress as tolerated
Strict to touch weight bearing
Light bike with no resistance once ROM is appropriate
Strengthening w/ Quad Sets & Straight Leg Raises

Phase 2 - Range of Motion (Post-Op Weeks: 4-6)

Goal: Protect Graft, maintain full extension & progress flexion range of motion, control swelling.

A. Progress range of motion

Continue Quad Sets & straight leg raise
Range of motion 0-120°
Begin partial weight bearing at 4 weeks & progress to full weight bearing at 5-6 weeks
Light Exercise Bike
Hamstring Strengthening

Phase 3 – Range of Motion/Strengthening (Post-Op Weeks: 6+)

Goal: Protect Graft, Keep Full range of motion, Improve strength, endurance, and proprioception

A. Range of Motion

Full range of motion
Gait Training

B. Strengthening

Begin Closed Chain Double Leg Strengthening
Balance & Proprioception as tolerated (double & single leg)
Gradually Increase Resistance on the Exercise Bike
Begin Biking Outside on flat patient tolerated

Phase 4 - Functional Progression (Post-Op Weeks: 12+)

Goal: Strengthen, Neuromuscular control in functional activities, patient education to return to play

Progress flexibility and strengthening program
Begin Functional exercises (Progress as tolerated)
Progress to sport specific as tolerated