

COMBINED OSTEOCHONDRAL ALLOGRAFT WITH HIGH TIBIAL OSTEOTOMY REHABILITATION PROTOCOL

| | WEIGHT BEARING | BRACE | ROM | EXERCISES |
|--------------------------------|--|--|---|---|
| PHASE I 0-2 weeks | Heel-touch only | Locked in full extension at all times* Off for hygiene and home exercise only | Gentle passive 0-90° CPM 6 hrs/day; begin 0-40° and advance 5-10° daily as tolerated | Heel slides, quad sets, patellar mobs, SLR, calf pumps at home |
| PHASE II 2-8 weeks | 2-6 weeks: Heel-touch only 6-8 weeks: Advance 25% weekly until full | 2-6 weeks: Locked 0-90° Discontinue brace at 6 weeks | Advance as tolerated CPM continues 6 hrs/ day 0-90° | 2-6 weeks: Add side-lying hip and core, advance quad set and stretching** 6-8 weeks: Addition of heel raises, total gym (closed chain), gait normalization, eccentric quads, eccentric hamstrings Advance core, glutes and pelvic stability |
| PHASE III 8-12 weeks | Full | None | Full | Progress closed chain activities Advance hamstring work, lunges/leg press 0-90° only, proprioception/balance exercises Begin stationary bike |
| PHASE IV 12-24 weeks | Full | None | Full | Progress Phase III exercises and functional activities: walking lunges, planks, bridges, swiss ball, half-bosu exercises Advance core/glutes and balance |
| PHASE V 6-9 months | Full | None | Full | Advance all activity w/o impact such as running, jumping, pivoting, sports until cleared by MD |

*Brace may be removed for sleeping after first post-operative visit (day 7-14)