

## Rehab Protocol

### Rehabilitation Protocol Summary for Osteochondral Autograft Procedures

|  | Postoperative Weeks |     |     |     |      | Postoperative Months |   |   |      |
|--|---------------------|-----|-----|-----|------|----------------------|---|---|------|
|  | 1-2                 | 3-4 | 5-6 | 7-8 | 9-12 | 4                    | 5 | 6 | 7-12 |
| <b>Brace:</b> Bledsoe<br>OA unloader                               | X                   | X   | X   | X   | X    |                      |   | X | X    |
| <b>Range of motion minimum goals:</b>                              |                     |     |     |     |      |                      |   |   |      |
| 0-110°   | X                   | X   |     |     |      |                      |   |   |      |
| 0-135°   |                     |     |     |     |      |                      |   |   |      |
| <b>Weight bearing:</b>   |                     |     |     |     |      |                      |   |   |      |
| None   | X                   |     |     |     |      |                      |   |   |      |
| Toe touch to 1/4 body weight                                       |                     | X   |     |     |      |                      |   |   |      |
| 1/2 to 3/4 body weight   |                     |     | X   |     | X    |                      |   |   |      |
| Full   |                     |     |     | X   |      |                      |   |   |      |
| <b>Patella mobilization</b>  | X                   | X   | X   | X   |      |                      |   |   |      |
| <b>Modalities:</b>   |                     |     |     |     |      |                      |   |   |      |
| Electrical muscle stimulation (EMS)                                | X                   | X   | X   | X   |      |                      |   |   |      |
| Pain/edema management (cryotherapy)                                | X                   | X   | X   | X   | X    | X                    | X | X | X    |
| <b>Stretching:</b>   |                     |     |     |     |      |                      |   |   |      |
| hamstring, gastroc-soleus, iliotibial band, quadriceps             | X                   | X   | X   | X   | X    | X                    | X | X | X    |
| <b>Strengthening:</b>  |                     |     |     |     |      |                      |   |   |      |
| Quad isometrics, straight leg raises, active knee extension        | X                   | X   | X   | X   | X    |                      |   |   |      |
| Closed-chain (gait retraining, toe raises, wall sits, mini-squats) |                     |     |     | X   | X    | X                    | X | X | X    |
| Knee flexion hamstring curls (90°)                                 |                     |     |     |     | X    | X                    | X | X | X    |
| Knee extension quads (90-30°)                                      |                     |     |     |     | X    | X                    | X | X | X    |
| Hip abduction-adduction, multi-hip Leg press (70-10°)              |                     |     |     |     | X    | X                    | X | X | X    |
| <b>Balance/proprioceptive training:</b>                            |                     |     |     |     |      |                      |   |   |      |
| weight-shifting, mini-trampoline, BAPS, KAT, plyometrics           |                     |     |     |     | X    | X                    | X | X |      |
| <b>Conditioning:</b>   |                     |     |     |     |      |                      |   |   |      |
| UBE  |                     | X   | X   | X   |      | X                    | X | X | X    |
| Bike (stationary)  |                     |     |     | X   |      | X                    | X | X | X    |
| Aquatic program  |                     |     |     |     |      | X                    | X | X | X    |
| Swimming (kicking)   |                     |     |     |     |      | X                    | X | X | X    |

|                        |   |   |   |   |   |
|------------------------|---|---|---|---|---|
| Walking                | X | X | X | X | X |
| Stair climbing machine | X | X | X | X | X |
| Ski machine            |   |   |   |   |   |

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**Running:** straight X

**Cutting:** lateral carioca, figure 8's X

**Full sports** X

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