

PT protocol – Osteochondral Autograft Transfer

Phase 1 – EARLY PROTECTION & MOTION

Weeks 0-6

Weightbearing: touch down weight bearing x 2 weeks

- Advance to WBAT with brace locked in extension 2-6 weeks

Knee motion: fully flex and extend the knee fully 60 times per hour 6-8 hours per day

- Must achieve at least 100 degrees flexion by 6 weeks
- Passive & Active assisted ROM & stretching under PT guidance

Hinged knee brace locked in extension week 1

- Take off brace for CPM

Therapy exercises:

- Patellar mobilizations, including quad & patellar tendon
- Quad set to SLR (with NMES, biofeedback)
- ROM: emphasize full extension, heel/wall slides for flexion
- Bike for motion at week 4

Brace:

- Brace locked in extension 2 weeks
- Wbat with brace locked in extension 2-6 weeks
- Discontinue brace @ 6 weeks

Phase 2 – ENDURANCE

Weeks 9-12 Closed-chain progression (+/- including squat, lunge, step-up, bridge)

Progress from double leg to single leg; from stable to unstable surfaces

Balance progression

Bike for cardiovascular fitness; initiate pool program when incisions healed

ROM: Progress to full as tolerated

**Note: Non-athletes may be appropriate for discharge to independent home program at this time if able to complete work and life demands. Check for safety with stair negotiation and ambulation on uneven surfaces.*

Phase 3 – STRENGTH

Weeks 13-24 Increase sets/duration of closed-chain strengthening in varied proprioceptive environment

Initiate squat jump progression from shuttle to gravity dependent position

* Emphasis on unilateral strength

Phase 4 – AGILITY, POWER, RETURN TO SPORT

Week 24+ Sport-specific movement patterns practiced in supervised and controlled environment

Graded re-integration into sport activities with MD and PT clearance

Return to Activities *See functional criteria*



Running: With MD clearance and when functional criteria are met, typically 6 months

Golf: Short irons at 4 months, full swing with long irons at 5 months. Delay 4-6 weeks if lead leg.

Pivoting/cutting sports: When functional criteria are met and cleared by surgeon, typically 7 months at earliest

Surgeon Comments: