

## OSTEOCHONDRAL ALLOGRAFT TO FEMORAL CONDYLE

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Patient \_\_\_\_\_  
 DOS \_\_\_\_\_

	<b>POW 0-6</b>	<b>POW 6-8</b>	<b>POW 8-12</b>	<b>POW 12-24</b>	<b>6 months and beyond</b>
<b>Weight Bearing</b>	Heel touch WB Brace locked in extension for 2 weeks	Advance 25% weekly to full	Full weight bearing		
<b>Brace</b>	Locked 0° for sleeping and all activity. Off for CPM use only.  DC brace at 6 weeks.	No brace			
<b>ROM</b>	In CPM 6 hours per day, start 0°-40°, advance 5-10° daily as tolerated	Full			
<b>Exercises</b>	<b>Week 0-2</b> Quad sets  SLR  Passive leg hangs to 90°  <b>Weeks 2-6</b> PROM/AAROM to tolerance  Patella and tibiofibular mobs  Hamstring and glut sets  Sidelying hip  Core	Advance week 0-6 exercises with resistance and reps	Gait training  TKE with ball  Wall Sits  Shuttle  Mini squats  Toe raises  Beging unilateral stance training  Begin balance training	Advance all previous exercises Progress closed chain activity  Leg Press 0-90°  Maximize core and glutes, pelvic stability  Squats  Front/Lateral Step up and downs Eccentric hamstring  Stationary Bike, Elliptical, Pool as tolerated  Double Leg Balance	Continue exercise progressions  Single Leg Balance  Balance and Reach  Vectors  Single leg squats  Advance to sport specific drills and running/jumping after 8 months and being cleared by MD.
February 2024					

Any Questions? Please contact:  
**Northwoods Therapy Associates**  
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