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Patellofemoral OCA:
Osteochondral Allograft
Transplant (patella or
trochlea)



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NOTE

- Concomitant Tibial Turbercle Osteotomy – follow TTO protocol re: NWB ROM during first 6 weeks
- Concomitant Lateral Retinacular Lengthening (LRL) or MPFL Recon - does not change this protocol

*** Specifics of initial NWB motion and progressive WB motion may change based on size & location of defect, defect stability (focal plug vs whole patella resurfacing) – Dr. Myer to clarify*

	Weight Bearing	Brace	ROM	Specifics
Phase 1 0-6 wks	0-6: WBAT with brace locked Initially use 2 crutches	-Brace during ADL's; ok to remove during sleep / during PT <i>Dr. Myer will clarify:</i> **Focal OCA plug: @2 weeks start WBAT 0-30 and progress unlocking 30/week **Whole patella: @6 weeks start WBAT 0-30 and progress unlocking 30/week	Goal: full NWB ROM as tolerated (unless with TTO) May use CPM if prescribed: 6 hours/day and start 0-40: progress 5-10 degrees per day as tolerated	-OK: Patellar mobs, quad / hamstring / glut sets, SLR, prone bed hangs, side-lying hip sets, etc. -After initial 3 weeks: bike OK for motion (no resistance); may delay bike due to transplant size / stability -OK for modalities as indicated
Phase 2 6-12 wks	Progress WBAT without brace	**Focal OCA plug: Wean out of brace by 6 weeks **Whole patella: Continue progressing 30/week with goal of brace wean by 10 weeks	Full	-Start bilateral closed chain strengthening -Full bike motion -Short arc open chain as pain allows -Hold on lunges, deep resisted squats

Phase 3 3-6 mo	Full WBAT	None	Full	<ul style="list-style-type: none"> -Elliptical / arc OK -Deep, resisted squats ok after 4 months -Advance single / double closed chain and open chain as pain allows -Full swimming
Phase 4 6-12mo	Full WBAT	None	Full	<ul style="list-style-type: none"> -Start light jogging 4-6 mos with goal full running after 6 mos (depending on patient / sport goals) -Continue strengthening and sport specific training