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Femoral Condyle OCA:
Osteochondral Allograft
Transplant



CRYSTAL CLINIC
ORTHOPAEDIC CENTER

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| | Weight Bearing | Brace | ROM | Specifics |
|----------------------------|--|---|---|---|
| Phase 1 0-6 wks | <i>0-2: NWB with ambulation, ok for TDWB (25%) with brief standing</i> <i>2-4: TDWB with standing but avoid twisting / walking with WB</i> <i>4-6: PWB (50%) with ambulation, ok for full WBAT with standing</i> | <i>Brace not needed unless in conjunction with meniscal allograft transplant</i> <i>* Prefer to use 2 crutches</i> | <i>Goal: full NWB ROM as tolerated (unless with meniscal allograft transplant)</i> <i>May use CPM if prescribed: 6 hours / day Start 0-40 and progress 5-10 degrees per day as tolerated</i> | <i>-All OK: Patellar mobs, quad / hamstring / glut sets, SLR, prone bed hangs, side-lying hip sets, etc.</i> <i>-After initial 2 weeks: bike OK for motion (no resistance)</i> <i>-OK for modalities as indicated</i> |
| Phase 2 6-12 wks | <i>Full WBAT</i> <i>Goal is normal gait pattern</i> | <i>None</i> | <i>Full</i> | <i>-Continue Phase 1</i> <i>-Start bilateral closed chain strengthening</i> <i>-Wall squats, short-arc</i> <i>-Hold on lunges, deep resisted squats</i> <i>-OK to progress light bike resistance / light pool</i> |
| Phase 3 3-6 mo | <i>Full WBAT</i> | <i>None</i> | <i>Full</i> | <i>-Elliptical / arc OK</i> <i>-Deep, resisted squats ok (unless concomitant meniscal allograft)</i> <i>-Advance single / double closed chain and open chain as pain allows</i> <i>-Full swimming</i> |
| Phase 4 6-12mo | <i>Full WBAT</i> | <i>None</i> | <i>Full</i> | <i>-Start light jogging 4-6 mos with goal full running after 6 mos (depending on patient / sport goals)</i> <i>-Continue strengthening and sport specific training</i> |

