

**Daniel Myer, M.D**

Patellofemoral OCA:  
Osteochondral Allograft  
Transplant (patella or  
trochlea)



**CRYSTAL CLINIC**  
ORTHOPAEDIC CENTER

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**NOTE**

- Concomitant Tibial Tubercle 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*

	<b>Weight Bearing</b>	<b>Brace</b>	<b>ROM</b>	<b>Specifics</b>
<b>Phase 1</b> 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>  <b>**Focal OCA plug:</b> @2 weeks start WBAT 0-30 and progress unlocking 30/week  <b>**Whole patella:</b> @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
<b>Phase 2</b> 6-12 wks	Progress WBAT without brace	<b>**Focal OCA plug:</b> Wean out of brace by 6 weeks  <b>**Whole patella:</b> 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

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