



Amit Momaya, MD

Orthopedic Surgeon, Chief of Sports Medicine
Team Physician for UAB, Legion FC, and Bulls Hockey
Highlands Appointments: 205.930.8339
MomayaMD.com

PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY PROTOCOL – Osteochondral Allograft to Femur

Phase I: 0-6 weeks

- Edema and pain control
- Weight bearing status: NWB with brace locked in extension and crutches (ok for heel touch)
- ROM: Use CPM for 6 hours per day beginning at 0-40 deg and advance 5-10 deg per day as tolerated
- Brace: locked in extension during ambulation and sleeping
- Exercises:
 - o 0-2 weeks: straight leg raises, calf pumps, patella mobs
 - o 2-6 weeks: PROM/AROM as tolerated, side lying hip/core

Phase II: 6-12 weeks

- Weight Bearing Status:
 - o 6 weeks: 50% WB and then progress 25% each week thereafter
- ROM: full active range of motion
- Brace: unlocked
- Exercises: Advance Phase I exercises + glut sets, front/side planks

Phase III: 3-6 mo

- WB status: full
- ROM: full
- Brace: unloader brace
- Exercise: Phase II + close chain quads, hamstring curls, step-ups, mini-squats, proprioception exercises

Phase IV: 6-12 months

- WB status: full
- ROM: full
- Brace: unloader
- Exercise: Phase III + advance to open chain exercises, gradual return to sports after 9 mo when cleared by MD