



**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 ORDER – Fresh Osteochondral Allograft Trochlea**

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:
  - o 0-2 weeks: no motion
  - o Progress to full 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 Slowly progress to full WB
- ROM: full active range of motion
- Brace: unlocked
- Exercises: Advance Phase I exercises + glut sets, front/side planks

Phase III: 12-16 weeks

- WB status: full
- ROM: full
- Brace: none
- Exercise: Phase II + close chain quads, hamstring curls, step-ups, mini-squats, proprioception exercises

Phase IV: 4-8 months

- WB status: full
- ROM: full
- Brace: none
- Exercise: Phase III + advance to open chain exercises, return to sports when cleared by MD