

## PATELLOFEMORAL OSTEOCHONDRAL ALLOGRAFT

**Name:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

Frequency: 1 2 3 4 times / week      Duration: 1 2 3 4 5 6 Weeks

\_\_\_\_ Weeks 0-2:

- Full weight bearing allowed but brace must be locked in full extension
- Brace locked in full extension when not performing below exercises (sleeping, resting, etc.)
- A/PROM 0-90 degrees
- Passive leg hang to 90 degrees, quad sets, patellar mobs, ankle pumps, straight leg raises

\_\_\_\_ Weeks 2-4:

- Continue WBAT with brace locked in full extension
- A/PROM 0-90 degrees
- Patella mobs, quad/hamstring/gluteal sets
- Side lying hip and core exercises

\_\_\_\_ Weeks 4-6:

- A/PROM as tolerated
- Begin ambulation with brace unlocked and can d/c when able

\_\_\_\_ Weeks 6-12:

- Begin closed chain exercises (wall sits, mini squats [no weight], stationary bike)
- Unilateral stance activities and balance training

\_\_\_\_ Months 3-6:

- Maximize core/gluteal/pelvic stability work
- Slowly incorporate open chain quad exercises (begin short arc then progress)
- Eccentric hamstring exercises
- Advance to elliptical, bike, pool activity as tolerated

\_\_\_\_ Months 6+:

- Return to sport specific activities
- Run progression/jogging can begin at this point

Signature \_\_\_\_\_

Date: \_\_\_\_\_