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Osteochondral Allograft (OCA) Transplantation of the Knee (PATELLA) Rehabilitation Protocol

	Weight-bearing	Brace	Range of Motion	Exercises
Phase 1 0-6 weeks	WBAT with Brace locked straight	**0-2 weeks:** Locked in full extension at all times for mobilizing. Ok to remove brace for passive knee ROM Off for hygiene and home exercise only	As tolerated, non weight bearing goal 0-90° @ first post-op visit 2-6 weeks: maintain full extension and progress flexion 0-90.	Calf pumps, patellar mobilization, quadriceps tightening sets and SLR **in brace** **2-6 weeks**: Add side-lying hip and core, advance quadriceps and hamstring sets
Phase 2 6-8 weeks	Progress to full with normalized gait pattern	Ambulate with brace unlocked if good quad control Discontinue brace after 6 weeks once normal gait achieved	Full	Advance core work with hip, gluteal and core strengthening
Phase 3 8-12 weeks	Full	None	Full	Gait normalization with closed chain activities: wall sits, shuttle, mini-squats, toe raises. Advance core work with hip, gluteal and core strengthening Begin unilateral stance activities and balance training
Phase 4 3-6 months	Full	None	Full	Progress Phase III exercises and functional activities: walking lunges, planks, bridges, Swiss ball, half-Bosu exercises Advance core work with hip, gluteal and core strengthening May advance to bike, elliptical, pool as tolerated.
Phase 5 6-12 months	Full	None	Full	Advance non-impact activity. No running, jumping, pivoting, or sports participation unless cleared by MD (after 8 months)

SLR – Straight-leg raise;

Last Modified: July 11, 2024