



333 South Kirkwood Road, Suite 200  
Kirkwood, MO 63122  
Office (314) 991-4335 Fax (314) 991-4340 Exchange: 888-456-8166

**Nathan A. Mall, MD**

**Collin Magilligan, NP**

**POST-OP OSTEOCHONDRAL ALLOGRAFT TRANSPLANTATION PROTOCOL**

**0-6 Weeks:**

Strict NWB with crutches  
Knee immobilizer until quad control is adequate  
CPM 6-8 hours/day: Set at 1 cycle per minute. Begin 0-40° flexion and advance 5-10° daily per patient comfort. Should be at minimum 100° by six weeks post-op Quad sets, Patellar mobilization, SLR

**6-8 Weeks:**

Partial WB 25%  
D/C any immobilizer  
Begin Active ROM as tolerated. Advance to full ROM.  
SLR, Closed Chain Quad Strengthening, Hip Strengthening  
May initiate stationary bike for ROM.

**8-12 Weeks:**

Gradually advance to full WBAT  
D/C crutches when gait normalized.  
Full Pain free ROM  
Begin closed chain activities (wall sits, mini-squats, lunges, shuttle)

**12 Weeks:**

Normal pain free gait.  
Progressive Active strengthening  
Begin sports specific exercises