**Physical Therapy Prescription**

**Osteochondral Allograft**

**Patient Name: Today’s Date: Surgery Date:**

**DOB: Sex:**

**Dx: s/p ( LEFT / RIGHT) KNEE Osteochondral Allograft ( MFC, LFC )**

**Weeks 0-4**

\_\_\_ Strict TTWB x 4 weeks with brace locked at 0 degrees

\_\_\_ Hinged brace in full extension

\_\_\_ Quadriceps, Adductor and Abductor isometrics

\_\_\_ SLR’s into flexion, extension, abduction and adduction (AAROM🡪AROM)

\_\_\_ Passive and AAROM (ROM limited to 0-90° knee flexion for 4 weeks)

\_\_\_ Manual and self-mobilizations for Hamstrings, Gastrocnemius, Hip flexors and

ITB

\_\_\_ Gentle Patella, fibular head and scar mobilization

\_\_\_ NMES for Quadriceps re-education daily (Quad set, SLR and SAQ)

\_\_\_ Cryotherapy and cryokinetics for pain

**Weeks 4-6** \_\_\_ Continue hinged brace in full extension.

\_\_\_ Increase WBAT, brace locked straight for first 6 weeks

\_\_\_ Continue core strength and stability

\_\_\_ No restrictions on ROM when non-weight bearing

\_\_\_ Con’t quad activation exercises

\_\_\_ Progress ROM to full active and passive by 8 weeks

**Weeks 6-12** \_\_\_ Discontinue Hinged brace in full extension

\_\_\_ Full weight bearing as tolerated

\_\_\_ Begin gait training and standing proprioceptive training on unstable surface

\_\_\_ Progress to closed kinetic chain strengthening for lower extremity

\_\_\_ Progress to CKC strengthening – Push and hinge variations

\_\_\_ Begin rotation and anti-rotation trunk and spinal extensor exercises

**Weeks 12-24** \_\_\_ Continue to progress proprioceptive training

\_\_\_ Begin linear progression of squat and hip hinge resistance training

**Squat variations**: Back, Front, Overhead, Sumo, Split Squat, Single leg, Bulgarian Split Squat, High box Step Up, Leg Press, Hex Bar Squat, Total Gym

**Hip hinge variations**: Conventional deadlift, RDL, Good Morning, GHD/Reverse Hyper, Straight Leg Dead, Hip Thrusters, SL dumbbell, kettle bell swing, Nordic HS, Bridging

\_\_\_ Begin light jogging at 12 weeks if eccentric step down is symmetric

\_\_\_ Begin agility drills in single plane, frontal and sagittal

\_\_\_ Pivoting to begin at 4.5 months

\_\_\_ Assess posture and functional movement patterns. Corrective exercise as needed.

**Frequency & Duration:** (circle one) 1-2 2-3 x/week for \_\_\_\_\_ weeks Home Program

\*\*Please send progress notes.

**Physician’s Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ M.D.**