**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.**