



Patient:	Date of Surgery:

Procedure: Right/Left Femoral Osteochondral Autograft/Allograft

Associated Procedure (circled if applicable): Meniscectomy/Meniscal Repair

Phase I (0-6 wks): Period of protection

Weight bearing: Touchdown weight bearing

Brace: Locked in extension at all times for 1 weeks except for except for CPM use and therapy exercises. Unlock brace to 90° at 1 weeks. **ROM:** Progress through passive, active and active assisted ROM as tolerated, no more than 90° for first 6 weeks. Ok for home knee hangs to comfort

CPM (MD discretion): Remove brace, start 0-20° post-op day 1 at low speed to comfort and increase 10° per day. DO NOT SLEEP WITH LEG ON CPM. Replace brace afterwards.

Exercises: Weeks 0-2 – Quad sets, SLR, calf pumps, passive leg hangs to 90°. Weeks 2-6 – AAROM and PROM of knee, patella. Quad, glut, hamstring sets. SLR. Core exercises.

Note: if a meniscal repair was done simultaneously, please amend the above with the following restrictions:

- -WBAT with brace limited to 0-90 degrees x 4 weeks
- -Limit ROM 0-90 degrees x 4 weeks
- -No tibial rotation x 4 weeks

Phase II (6-12 wks): Advance weight bearing and work on strength

Weight bearing: Advance to full over a 3 week span

Brace: None ROM: No limitation CPM: Discontinue

Exercises: Continue expanding on Phase 1 activities. Work on gait patterns, progress to wall sits, closed chain exercises. At 10 weeks work

towards balance and unilateral stance activities.

Phase III (12 wks-6 mo): Strengthening and gait

Weight bearing: Full

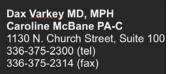
Brace: None ROM: No limitation

Exercises: Core and glute strengthening, low impact activities like bike, swimming and elliptical, progression to jogging at 5 months if muscle

control appropriate

Phase IV (6 mo-12 mo): Advanced activities

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Weight bearing: Full Brace: None

ROM: No limitation

Exercises: Return to sport specific activities and impact at about 8-12

months depending on MD clearance.

Frequency:	x/week	X	weeks	
By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.				
			Date:	
Dax Varkey MD, MPH				

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