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Knee Osteochondral Graft Or Mosaicplasty Rehabilitation Guidelines

Tibial/Femoral (autograft or allograft)

Acute/Immediate Post-Operative Phase 0-3 weeks

Guidelines

- WB status: NWB
- PROM: 0-30 degrees and 60-90 degrees (avoiding zone of repair – specified on referral)
- Exercises: Quadriceps setting (full extension, 30, 60 and 90 degrees – keep heel supported), SLRs – flexion, abduction, extension and adduction, patellar mobility, calf and HS stretching, ankle pumps, seated passive knee flexion/extension using uninvolved leg

**Can remove brace for exercises.

Moderate Protection Phase 4-6 weeks

Guidelines

- WB status: NWB generally (size and location dependent)
- Bracing: Discontinue brace when patient has adequate quad control
- AROM: 0-30 degrees and 60-90 degrees
- Exercises: SAQs (protecting zone of repair) 0-3 lbs, continue with above ex's

Criteria for progression to closed chain exercises

- Full extension ROM
- No effusion
- No quad lag on SLR

***6-8 weeks post-op use OA adjuster brace to unload involved compartment

Minimal Protection Phase (Progressive ROM/Strengthening) 6-10 weeks

GOALS:

- Full knee flexion and extension ROM
- Good quadriceps control
- Good proprioceptive control

Guidelines

- WB status: Progress gradual weight bearing; discontinue crutches at 0-100 degrees
- ROM: as tolerated
- Exercises: Continue quad strengthening, begin leg press (0-60 degrees), shuttle, aquatics → front and lateral step-ups (up-up, down-down), mini-squats and other CKC activities in FWB → unilateral, sport cord walking, proprioception activities including single leg stance, balance board, balance and reach (Star excursion test)

Return to Activity Phase

GOALS:

- Return to ADLs without pain or swelling
- Normal gait without deviation
- Balance and reach (Star - anterior direction) within 90% of contralateral LE

Guidelines

- Progress proprioception activities, strengthening of hamstrings, quads and hip abd/ER

**Modalities as needed for pain control and quadriceps strengthening are permitted.