

Osteochondral Allograft with Meniscal Transplantation

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Patient Name	Date
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Procedure: Right Left Knee Osteochondral Allograft with Meniscal Transplantation

Evaluate and Treat – no open chain or isokinetic exercises

Provide patient with home exercise program

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

- **Non-weight bearing with brace and crutches.** Hinged knee brace should be worn at all times except for PT and hygiene. Brace should be locked in extension for weeks 0-2, then gradually opened in 20 degree increments as quad control is gained. **Not to exceed 90 degrees in first 4 weeks. No tibial rotation x 8 weeks.**
- **ROM:** Progress through passive, active and active-assisted ROM as tolerated
 - CPM 6-8 hrs/day: start 0-40 degrees and advance 5-10 degrees per day to 90 degrees, as tolerated for first 4 weeks. Advance as tolerated after week 4.
 - Gentle passive ROM 0-90 x 4 weeks; advance flexion as tolerated after week 4. Goal: 0-90 by week 4, 0-120 by week 6.
 - Home supine extension stretching with pillow under foot and weight on distal thigh; additional extension stretching using prone heel hangs with weight. Goal: full extension by week 2.
- **Strengthening:** quad sets/SLRs, co-contractions, isometric quad/hamstring strengthening in extension. Patellar mobs.

Phase II (6-12 wks): *Transition phase.*

- **Weight bearing/brace:**
 - Weeks 6-8: Transition to 25% weight bearing with crutches. Hinged knee brace is gradually weaned as quad control is regained (may be D/Ced once no extension lag on SLR).
 - Weeks 9-12: 50% WB with crutches x 1 week, 75% WB with crutches x 1 week, 100% WB with crutches x 1 week, then 100% WB without crutches x 1 week.
- **ROM:** D/C CPM and progress to full active and passive ROM; goal: >130 degrees of flexion by week 8, full ROM by 8-10 weeks. Aggressive stretching at end-ranges if FROM not achieved by 10 weeks. No tibial rotation until after 8 weeks.
- **Strengthening:** Continue prior exercises with emphasis on scar/patellar mobs. May begin stationary bike. Light closed-chain strengthening can be started once 100% WB without pain (wall-sits, mini-squats, toe raises), but only for 0-90 degree arc.

Phase III (3-12 months): *Incorporation phase.*

- **ROM:** Continue active and active-assisted ROM with aggressive stretching at end-ranges.
- **Strengthening:** Advance closed-chain strengthening. Begin treadmill walking at a slow pace and progress to balance/proprioception. Advance home regimen of non-impact cardiovascular fitness (biking, swimming).
- **High-impact activities (jumping, contact sports) allowed only after 12 months if pain free.**

Other:

- | | |
|---|--|
| <input type="checkbox"/> Modalities | <input type="checkbox"/> Electrical Stimulation |
| <input type="checkbox"/> Heat before/after | <input type="checkbox"/> Ultrasound |
| <input type="checkbox"/> May participate in aquatherapy after week three, begin aqua-running week 6 | <input type="checkbox"/> Ice before/after exercise |

Frequency: _____ x/week x _____ weeks

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

This patient _____ would _____ would not benefit from social services.

Physician Signature	Date
Printed Name	