

Osteochondral Allograft Transplant (OCA) Protocol

Phase I – Weeks 0 to 6:

- Strict NWB with crutches
- Knee immobilizer until quad control is adequate
- Quad sets, patellar mobilization, SLR

Phase II – Weeks 6 to 8:

- Progress to FWB by 6 weeks post-op
- Discontinue any immobilizer
- Begin AROM as tolerated, advance to full ROM
- SLR, closed chain quad strengthening, hip strengthening
- May initiate stationary bike for ROM

PHASE III – Week 8 to 12:

- Full, pain-free ROM
- Begin closed chain activities (wall sits, mini-squats, lunges, shuttle)

Phase IV – Week 12:

- Normal, pain-free gait
- Progressive active strengthening
- Begin sports specific exercises