

**COMBINED OSTEOCHONDRAL ALLOGRAFT  
MENISCAL ALLOGRAFT TRANSPLANTATION  
DISTAL FEMORAL OSTEOTOMY  
REHABILITATION PROTOCOL**

|                                | WEIGHTBEARING                                                                                  | BRACE                                                                                | ROM                                                                                  | EXERCISES                                                                                                                                                                                                                                                               |
|--------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>PHASE I</b><br>0-2 weeks    | Heel touch only                                                                                | Locked in full extension at all times*<br><br>Off for hygiene and home exercise only | Gentle passive 0-90°<br><br>CPM 0-90°                                                | Heel slides, quad sets, patellar mobs, SLR, calf pumps at home                                                                                                                                                                                                          |
| <b>PHASE II</b><br>2-8 weeks   | <b>2-6 weeks:</b><br>Heel touch only<br><br><b>6-8 weeks:</b><br>Advance 25% weekly until full | <b>2-6 weeks:</b><br>Locked 0-90°<br><br>Discontinue brace at 6 weeks                | Advance as tolerated w/ caution during flexion >90° to protect post horn of meniscus | <b>2-6 weeks:</b> Add side-lying hip and core, advance quad set and stretching**<br><br><b>6-8 weeks:</b> Addition of heel raises, total gym (closed chain), gait normalization, eccentric quads, eccentric hamstrings<br><br>Advance core, glutes and pelvic stability |
| <b>PHASE III</b><br>8-12 weeks | Full                                                                                           | None                                                                                 | Full                                                                                 | Progress closed chain activities<br><br>Advance hamstring work, lunges/leg press 0-90° only, proprioception/balance exercises<br><br>Begin stationary bike                                                                                                              |
| <b>PHASE IV</b><br>12-24 weeks | Full                                                                                           | None                                                                                 | Full                                                                                 | Progress Phase III exercises and functional activities: walking lunges, planks, bridges, swiss ball, half-bosu exercises                                                                                                                                                |



P: 405.885.8195 F: 405.218.2535 E: [ortho@jtglomsetmd.com](mailto:ortho@jtglomsetmd.com)  
[www.jtglomsetmd.com](http://www.jtglomsetmd.com)

|                              |      |      |      |                                                                                                |
|------------------------------|------|------|------|------------------------------------------------------------------------------------------------|
|                              |      |      |      | Advance core/glutes and balance                                                                |
| <b>PHASE V</b><br>6-9 months | Full | None | Full | Advance all activity w/o impact such as running, jumping, pivoting, sports until cleared by MD |

\*Brace may be removed for sleeping after first post-operative visit (day 7-14)

\*\*Avoid any tibial rotation for 8 weeks to protect meniscus