

Osteochondral Autograft Rehabilitation (Femoral Lesions)

Weight Bearing	Brace	ROM	Therapeutic Exercise	
Phase I 0-6 Weeks	TDWB with crutches	0-1 Wk: locked in extension 2-4 Wk: open as quad control improves; discontinue when SLR without lag	CPM 6-8 hrs a day, start 0-40 increasing 5-10 deg daily up to 100 Bike for motion	ROM to tolerance Patellar mobs Quad & hamstring sets SAQ, SLR
Phase II 6-8 Weeks	Progress to FWB	None	Gradually increase flexion to 130 Bike	Gait training Patellar mobs Closed chain quad strengthening
Phase III 8-12 Weeks	FWB	None	Full and pain free Bike	Advance phase II activities Core and balance training
Phase IV 12-18 Weeks	FWB	None	Full and pain free Elliptical trainer, bike	Continue closed chain strengthening Step up-down progression Strength machines ok but no knee extension machine