

**Osteochondral Allograft Transplantation (OCA) of the Knee (Medial or Lateral Femoral Condyle) Protocol**

	<b>Weight-baring</b>	<b>Brace</b>	<b>Range of Motion</b>	<b>Exercises</b>
<b>Phase 1</b> 0-6 weeks	Heel touch only	<b>0-2 weeks:</b> Locked in full extension at all times  Off for hygiene and home exercise only  Discontinue after 2 weeks	CPM 6 hours/day; begin 0-40° and advance 5-10° daily as tolerated  Gentle passive 0-90°	Calf pumps, patellar mobilization, quadriceps tightening sets and SLR in brace  <b>2-6 weeks:</b> Add side-lying hip and core, advance quadriceps, and hamstring sets
<b>Phase 2</b> 6-8 weeks	Advance 25% weekly and progress to full with normalized gait pattern	None	Full	Advance core work with hip, gluteal and core strengthening
<b>Phase 3</b> 8-12 weeks	Full	None	Full	Gait normalization with closed chain activities: wall sits, shuttle, mini-squats, toe raises  Advance core work with hip, gluteal and core strengthening  Begin unilateral stance activities and balance training
<b>Phase 4</b> 3-6 months	Full	None	Full	Progress Phase III exercises and functional activities: walking lunges, planks, bridges, Swiss ball, half-Bosu exercises  Advance core work with hip, gluteal and core strengthening

				May advance to bike, elliptical, pool as tolerated
<b>Phase 5</b> 6-12 months	Full	None	Full	Advance non-impact activity No running, jumping, pivoting, or sports participation unless cleared by MD (after 8 months)
CPM – continuous passive motion machine; SLR – Straight-leg raise				