

OSTEOCHONDRAL AUTOGRAFT OR ALLOGRAFT POST-OP PROTOCOL:

1. FIRST SEVEN DAYS:

C.P.M. 0 to 60 degrees, 8 hours minimum per day.
Ambulate non-weightbearing with crutches.

2. ONE WEEK POST-OP:

First office visit with M.D....dressing change.
Begin P.T.: Stim., Isometrics and ROM to Full.

3. TWO WEEKS POST-OP:

Second M.D. visit...Skin clips removed, d/c CPM.

4. SIX WEEKS POST-OP:

Third M.D. visit...DISCONTINUE CRUTCHES.
Closed chain strengthening only. Exercise bike.

5. TWELVE WEEKS POST-OP:

Isotonic strengthening. Swimming and cycling allowed.
Graduate to home exercises.

6. SIX MONTHS POST-OP:

Full activity allowed in Custom Unloader Brace