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Physical Therapy Prescription Osteochondral Allograft

Patient Name: _____ **Today's Date:** _____ **Surgery Date:** _____

Dx: s/p (LEFT / RIGHT) KNEE Osteochondral Allograft (MFC, LFC)

Modalities:

Weeks 0-4

- ___ Strict TTWB x 6 weeks with brace locked at 0 degrees
- ___ Hinged, double-upright brace in full extension
- ___ Quadriceps, Adductor and Abductor isometrics
- ___ SLR's into flexion, extension, abduction and adduction (AAROM→AROM)
- ___ Passive (CPM) and AAROM (ROM limited to 0-90° knee flexion for 4 weeks)
- ___ Manual and self-mobilizations for Hamstrings, Gastrocnemius, Hip flexors and ITB/lateral retinaculum
- ___ Gentle Patella, fibular head and scar mobilization
- ___ NMES for Quadriceps re-education daily (Quad set, SLR and SAQ)
- ___ Cryotherapy and cryokinetics for pain

Weeks 4-6

- ___ Continue hinged, double-upright brace in full extension
- ___ Progressive partial WB to full WB by week 8, brace locked straight for 6 weeks
- ___ Continue core strength and stability
- ___ Begin gentle Quadriceps stretching as tolerated
 (Concentrating on proximal attachment – limiting knee flexion to less than 120°)
- ___ Continue gentle Patella, fibular head and scar mobilization
- ___ Progress ROM to full active and passive by 8 weeks

Weeks 6-12

- ___ Discontinue Hinged, double-upright brace in full extension
- ___ Full weight bearing
- ___ Begin gait training and standing proprioceptive training on unstable surface
- ___ Progress to closed kinetic chain strengthening for lower extremity
- ___ Progress to CKC strengthening for hip
- ___ Begin rotation and anti-rotation trunk and spinal extensor exercises

Weeks 12-24

- ___ Continue to progress proprioceptive training
- ___ Begin linear progression of squat and hip hinge resistance training
Squat variations: Back, Front, Overhead, Sumo, Split Squat, Single leg, Bulgarian Split Squat, High box Step Up, Leg Press, Hex Bar Squat, Total Gym
Hip hinge variations: Conventional deadlift, RDL, Good Morning, GHD/Reverse Hyper, Straight Leg Dead, Hip Thrusters, SL dumbbell, kettle bell swing, Nordic HS, Bridging
- ___ Begin light jogging at 12 weeks if eccentric step down is symmetric
- ___ Begin agility drills in single plane, frontal and sagittal
- ___ Pivoting to begin at 4.5 months
- ___ Assess posture and functional movement patterns. Corrective exercise as needed.

Frequency & Duration: (circle one) 1-2 2-3 x/week for _____ weeks Home Program

**Please send progress notes.

Physician's Signature: _____ **M.D.**