



**Travis G. Maak, M.D.**  
 590 Wakara Way  
 Salt Lake City, UT 84108  
 Tel: (801) 587-7109  
 Fax: (801)587-7112  
 Lic. # 8234797-1205

## 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.**