

Osteochondral Allograft – Trochlear Groove

DOB: _____

DOS: _____

		Weeks from surgery											
		ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9-14+	15-20+	21-26+	27+
ROM RESTRICTIONS	FROM	Flexion/Extension – wall slides											
		Flexion/Ext – seated/calf assisted											
		Patella/Tendon mobilization											
		Extension mobilization (no hyperext)											
	BRACE SETTINGS	Quad series											
		Hamstring sets											
		Terminal knee extension, Straight leg raise (when no quad lag)											
		Ankle pumps											
		Bike with no resistance											
			Progress to Endurance: ROM >125°, Quad set that terminally extends the knee										
Weight Bearing status	Muscular Endurance 3 x 15, 45s rest								9-14+				
	Lateral band stepping												
	Single leg leg press												
	Squat progression												
	RDL												
	Tuck squat												
		Progress to strength: 15+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference											
CPM	Muscular Strength 3 x 10 120s rest									15-20+			
	Lateral band stepping												
	Single leg leg press												
	Hex bar squat												
	Kettlebell deadlift												
	Elevated split squat												
		Progress to power: 21+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference											
	Muscular Power 3 x 6, 180s rest										21-26+		
	Front squat												
	Barbell deadlift												
	Split jumps												
	Sled drags												
		Progress to running: 27+ weeks & Triple hop distance >90% of unaffected side											
	Running, Speed & Agility											27+	
	Running progression												
	Ladder footwork drills												
	Forward & backward cone drills												
	Lateral cone drills												
	High Level Activities										21-26+	27+	
	Golf, outdoor biking												
	Clearance for other activities made by Dr Cinque and based on different factors including passing the included progression criteria												