

### **Osteochondral Allograft Transplant (OCA) Protocol**

#### **Phase I – Weeks 0 to 6:**

- Strict NWB with crutches
- Knee immobilizer until quad control is adequate
- Quad sets, patellar mobilization, SLR

#### **Phase II – Weeks 6 to 8:**

- Progress to FWB by 6 weeks post-op
- Discontinue any immobilizer
- Begin AROM as tolerated, advance to full ROM
- SLR, closed chain quad strengthening, hip strengthening
- May initiate stationary bike for ROM

#### **PHASE III – Week 8 to 12:**

- Full, pain-free ROM
- Begin closed chain activities (wall sits, mini-squats, lunges, shuttle)

#### **Phase IV – Week 12:**

- Normal, pain-free gait
- Progressive active strengthening
- Begin sports specific exercises