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Osteochondral Allograft (OCA) – Trochlea

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	BRACE / WEIGHT BEARING	THERAPEUTIC EXERCISE
Phase I **0–6 weeks** GOAL TO ADVANCE *Flexion 0-90°; leg raise without lag*	0-90° for 2 weeks, then progress to full	Brace locked straight for walking for 6 weeks (unlocked otherwise). Toe-touch to 25% weight bearing for 2 weeks, then 50% with crutches	Quad sets with e-stim, straight-leg raises, heel slides, kneecap mobilization; bike (no resistance) from weeks 3-4
Phase II **6–12 weeks** GOAL TO ADVANCE *Full motion; normal gait*	Full, pain-free. Avoid deep loaded bending*	50% weight bearing to week 8, then progress to full; discontinue brace at 6 weeks	Leg press and mini-squats 0-45°, wall sits, terminal knee extension, bridges, balance; pool program. No leg extension machine
Phase III **3–6 months** GOAL TO ADVANCE *Normal gait; pain-free stairs*	Full	Full, no crutches	Squats and lunges to 60°, single-leg strength; elliptical, swimming, cycling
Phase IV **6–12 months** GOAL TO ADVANCE *Graft healed on x-ray; strength ≥90%*	Full without discomfort	—	Running progression, then agility and sport-specific drills; return to sport at about 9-12 months**

NOTES

*Deep loaded bending (squats, lunges, stairs, kneeling) presses the trochlea hardest into the joint

**If approved by physician