



# Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

## **OSTEOCHONDRAL ALLOGRAFT TRANSPLANTATION (OAT) WITH MENISCUS ALLOGRAFT TRANSPLANTATION (MAT) AND DISTAL FEMORAL OSTEOTOMY (DFO)**

### **PHYSICAL THERAPY PROTOCOL**

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[www.bryansaltzmanmd.com](http://www.bryansaltzmanmd.com)

**Patient Name:** \_\_\_\_\_ **Date of Surgery:** \_\_\_\_\_

\_\_\_ **Evaluate and Treat**                      \_\_\_ **Provide patient with home program**

**Frequency:** \_\_\_\_\_ x/week    x    \_\_\_\_\_ weeks

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b>  0-2	Non-weight bearing	Locked in full extension at all	Gentle passive 0-90°	Heel slides, quad sets, patellar mobs, SLR, calf pumps at home



weeks		times* Off for hygiene and home exercise only	CPM 0-90°	
<b>PHASE II</b> 2-8 weeks	<b>2-6 weeks:</b> Non-WB <b>6-8 weeks:</b> Advance 25% weekly until full	<b>2-6 weeks:</b> Locked 0-90°  Discontinue brace at 6 weeks	Advance as tolerated w/ caution during flexion >90° to protect post horn of meniscus	<b>2-6 weeks:</b> Add side-lying hip and core, advance quad set and stretching** <b>6-8 weeks:</b> Addition of heel raises, total gym (closed chain), gait normalization, eccentric quads, eccentric hamstrings  Advance core, glutes and pelvic stability
<b>PHASE III</b> 8-12 weeks	Full	None	Full	Progress closed chain activities  Advance hamstring work, lunges/leg press 0-90° only, proprioception/balance exercises  Begin stationary bike
<b>PHASE IV</b> 12-24 weeks	Full	None	Full	Progress Phase III exercises and functional activities: walking lunges, planks, bridges, swiss ball, half-bosu exercises  Advance core/glutes and balance
<b>PHASE V</b> 6-9 months	Full	None	Full	Advance all activity w/o impact such as running, jumping, pivoting, sports until cleared by MD

\*Brace may be removed for sleeping after first post-operative visit (day 7-14) \*\*Avoid any tibial rotation for 8 weeks to protect meniscus

**By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient \_\_\_ would \_\_\_ would not benefit from social services.**

\_\_\_\_\_ **Date:** \_\_\_\_\_

**Bryan M. Saltzman, MD**

