

THE ORTHOPAEDIC **CENTER**

A division of Centers for Advanced Orthopaedics

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Osteochondral Transplant- Open

1 2 6 0	2
	2
	2
	4
•	
• •	•
1 2 6 0	2
	12

Weight Bearing status

20 lb FFWB x 6 weeks

TIME LINES

Week 1(1-7POD) Week 2(8-14POD) Week 3(15-21POD) Week 4(22-28POD)

•= Do exercise for that week	Week													
Initial Exercises	1	2	3	4	5	6	7	8	9	1 0	1 2	1	2	2
Flexion/Extension – prone with brace	•	•	•	•	•	•	•	•			_			•
Flexion/Ext – seated/calf assisted	•	•	•	•	•	•	•	•						
Patella/Tendon mobilization	•	•	•	•	•	•	•	•						
Extension mobilization (no hyperext)	•	•	•	•	•	•	•	•						
Quad series	•	•	•	•	•	•	•	•						
Hamstring sets	•	•	•	•	•	•	•	•						
Sit and reach for hamstrings	•	•	•	•	•	•	•	•						
Ankle pumps	•	•	•	•	•	•	•	•	•					
Crutch weaning							•	•	•					
Toe and heel raises								•	•	•	•	•		
Balance series								•	•	•	•	•	•	•
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	1	1 2	1	2	2 4
Bike with both legs – no resistance							•	•	•					
Bike with both legs - resistance								•	•	•	•	•	•	•
Aquajogging						•	•	•	•	•	•	•	•	•
Treadmill – walking 7% incline									•	•	•	•	•	•
Swimming with fins – light flutter kick									•	•	•	•	•	•
Elliptical trainer											•	•	•	•
Rowing												•	•	•
Stair stepper												•	•	•
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	1 0	1 2	1	2	2
Double knee bends											•	•	•	
Double leg bridges											•			
Reverse lunge – static holds											•	•		
Beginning cord exercises											•	•		
Balance squats											•	•	•	•
Single leg deadlift												•	•	•
Leg press (max. knee flexion 70°)												•	•	•
Sports Test exercises													•	•
Agility Exercises	1	2	3	4	5	6	7	8	9	1 0	1 2	1 6	2 0	2 4
Running progression													•	•
Initial – single plane													•	•
Advance – multi directional														•
Functional sports test														•
High Level Activities	1	2	3	4	5	6	7	8	9	1 0	1 2	1 6	2 0	2 4
Golf progression													•	•
Outdoor biking, hiking, snowshoeing													•	•

							•
SA Craws							
Skiing, basketball, tennis, soccer							

Signature:	