






Osteochondral Allograft (OCA) Transplantation and Meniscal Allograft Transplantation (MAT) and Patellar/Trochlear Autologous Chondrocyte Implantation (MACI) Rehabilitation Protocol

	Weight-bearing	Brace	Range of Motion	Exercises
Phase 1 0-2 weeks	Heel touch only	Locked in full extension at all times (except for ROM with PT) Off for hygiene and home exercise only	Gentle passive As tolerated, non weight bearing goal 0- 90° @ first post-op visit	Calf pumps, patellar mobilization, quadriceps tightening sets and SLR in brace at home
Phase 2 2-8 weeks	2-6 weeks: Heel touch only 6-8 weeks: Wean off crutches and progress to full with normalized gait pattern	Off at night for sleeping 2-4 weeks: Unlocked 0-45° 4-6 weeks: Unlocked 0-90° Discontinue brace at 6 weeks once normal gait achieved	Advance as tolerated w/ caution during flexion >90° to protect post horn of meniscus	2-6 weeks: Add side-lying hip and core, advance quad set and stretching ^a 6-8 weeks: Addition of heel raises, total gym (closed chain), gait normalization, eccentric quad sets, eccentric hamstring sets. Advance core work with hip, gluteal and core strengthening
Phase 3 8-12 weeks	Full	None	Full	Progress closed chain activities. Advance hamstring exercises, proprioception & balance exercises, lunges & leg press 0-90° only Advance core work with hip, gluteal and core strengthening Begin Stationary Bike at 10 weeks
Phase 4 3-6 months	Full	None	Full	Progress Phase III exercises and functional activities: walking lunges, planks, bridges, Swiss ball, half-Bosu exercises Advance core work with hip, gluteal and core strengthening
Phase 5 6-12 months	Full	None	Full	Advance non-impact activity. No running, jumping, pivoting, or sports participation unless cleared by MD

SLR – Straight-leg raise;

^aAvoid any tibial rotation for first 8 weeks to protect meniscus

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