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## OSTEOCHONDRAL ALLOGRAFT/MPFL RECONSTRUCTION GUIDELINES

	WEIGHT BEARING STATUS	POST OP BRACE	RANGE OF MOTION	THERAPEUTIC GOALS	<b>PATIENT'S CHECKLIST</b>
<b>Week 0-4</b>	Crutches  NWB with foot rest on the ground for balance when standing.	Yes  Locked in extension when walking.  Remove while sleeping after 1-2 weeks.	Full  Remove brace for range of motion  Goal: 90 degrees by week 2-3	Emphasize patient compliance to home exercise program and weight bearing precautions/progression  Avoid pain with therapeutic exercise & functional activities  Quad muscle reeducation	<ul style="list-style-type: none"> <li>○ <b>Bandages</b> should be left on through 1<sup>st</sup> post op appointment. If bloody or suspect infection call the office immediately.</li> <li>○ Take <b>Aspirin</b> or Xarelto daily x 30 days</li> <li>○ Bruising and swelling is normal, it may travel to the ankle. Elevate the leg when laying, perform ankle pumps.</li> <li>○ Apply <b>ice/Gameready</b> 4-6 times/day, 20min on/60min off.</li> </ul>
<b>Week 5-6</b>	WBAT with brace locked in full extension  <b>Use crutches until discontinued by your physical therapist.</b>		Focus on regaining full extension	Exercises: Quad sets, heel slides, ankle pumps, gravity assisted knee flexion. <b>No open chain knee extension.</b>	<ul style="list-style-type: none"> <li>○ Start Physical Therapy the first week after surgery - should continue through 6 months or as advised by physician.</li> <li>○ Patients are responsible for understanding the individual insurance coverage for PT.</li> </ul>
<b>Week 6-8</b>	Progress to full WB	Taper off	Full	PT/HEP: LE strength progression within parameters from PT/physician. <b>No open chain knee extension.</b>  Continue/normalize phase I exercises as appropriate.  Patellar mobilization  Stationary bike	
<b>Week 8+</b>				Emphasize patient compliance to maintenance strength program  Avoid pain with therapeutic exercise & functional activities.  <b>24+ Weeks - Avoid running until adequate strength development</b>	

				and as advised by your PT and/or physician.	
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#### Post Op Brace/CyMedica Evive

- You will be prescribed a long brace for immediately after surgery along with crutches. You will wear the brace for 4-6 weeks. This will help protect your knee until your quad muscle gets stronger. We recommend the CyMedica Evive brace with integrated muscle stimulator. This will help reeducate your quad muscle after surgery and improve your function early. The CyMedica Evive brace requires an upfront deposit which is refundable after processed through your insurance. **Medicare does not provide coverage.**

#### Game Ready Ice Machine

- We recommend rental of this cold and compression unit. It is an efficient and effective means of controlling swelling and pain post operatively and helps avoid dependency on pain medication. You should be contacted by the hospital vendor for rental information including cost.

#### Driving Restriction

- Left leg surgery: 1 week for automatic cars, 3-6 weeks for manual transmission cars
- Right leg surgery: 6-8 weeks