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OSTEOCHONDRAL ALLOGRAFT (TROCHLEA) GUIDELINES

	WEIGHT BEARING STATUS	POST OP BRACE	RANGE OF MOTION	THERAPEUTIC GOALS	PATIENT'S CHECKLIST
Week 1-6	WBAT Use crutches until discontinued by your physical therapist.	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 Focus on regaining full extension	Emphasize patient compliance to home exercise program and weight bearing precautions/progression Avoid pain with therapeutic exercise & functional activities Quad muscle reeducation Exercises: Quad sets, heel slides, ankle pumps, gravity assisted knee flexion. No open chain knee extension, no SLR	<ul style="list-style-type: none"> ○ Bandages should be left on through 1st post op appointment. If bloody or suspect infection call the office immediately. ○ Take Aspirin or Xarelto daily x 30 days ○ Bruising and swelling is normal, it may travel to the ankle. Elevate the leg when laying, perform ankle pumps. ○ Apply ice/Gameready 4-6 times/day, 20min on/60min off. ○ Start Physical Therapy the first week after surgery - should continue through 6 months or as advised by physician. ○ Patients are responsible for understanding the individual insurance coverage for PT.
Week 7-8	Progress to full WB	Taper off Unlock brace when good quad control achieved.	Full	PT/HEP: LE strength progression within parameters from PT/physician. No open chain knee extension. Continue/normalize phase I exercises as appropriate. Patellar mobilization Stationary bike	
Week 8+				Emphasize patient compliance to maintenance strength program Avoid pain with therapeutic exercise & functional activities. 24+ Weeks - Avoid running until adequate strength development and as advised by your PT and/or physician.	

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