

**Dr. Craig Chike Akoh, M.D.**  
**OSTEOCHONDRAL ALLOGRAFT OF FEMORAL CONDYLE WITH DFO (DISTAL FEMORAL OSTEOTOMY)**  
**REHABILITATION PROTOCOL**

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<i>PHASE I</i> <i>0-2 weeks</i>	NWB	On at all times Locked in extension	<b>0-6 weeks:</b> Use CPM for 6 hours/day, beginning at 0- 40°	Calf pumps, quad sets SLR in brace, modalities
<i>PHASE II</i> <i>2-6 weeks</i>	NWB	Off at night Open 0-90 and worn daytime only	advance 5-10° daily as tolerated	Progress non-weight bearing flexibility; modalities Begin floor-based core and glutes exercises Advance quad sets, pat mobs, and SLR
<i>PHASE III</i> <i>6 weeks - 8 weeks</i>	Advance 25% weekly and progress to full with normalized gait pattern	D/C brace with demonstration of quadriceps control	Full	Gait training and begin CKC exercises Begin stationary bike at 6 weeks Advance SLR, floor-based exercise
<i>PHASE IV</i> <i>8-12 weeks</i>	Full	None	Full	Progress flexibility/strengthening, progression of functional balance, core, glutes program
<i>PHASE V</i> <i>3-6 months</i>	Full	None	Full	May begin elliptical, bike, and pool at 12wk Continue to advance strengthening and proprioceptive exercises

<i>PHASE VI</i> 6-12 months	Full	None	Full	Advance Phase V activity Progress to functional training  Advance functional activity Return to sport-specific activity and impact when cleared by MD after 8 mos
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For any questions or concerns regarding the protocol or rehabilitation process please contact my Athletic Trainer below.