

Dr. Craig Chike Akoh, M.D.
COMBINED HIGH TIBIAL OSTEOTOMY AND OSTEOCHONDRAL ALLOGRAFT MENISCAL
ALLOGRAFT TRANSPLANTATION
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> <i>0-2 weeks</i>	Heel-touch only	Locked in full extension at all times* Off for hygiene and home exercise only	Gentle passive 0-90° CPM 0-90°	Heel slides, quad sets, patellar mobs, SLR, calf pumps at home
<i>PHASE II</i> <i>2-8 weeks</i>	2-6 weeks: Heel-touch only 6-8 weeks: Advance 25% weekly until full	2-6 weeks: Locked 0-90 ° Discontinue brace at 6 weeks	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** 6-8 weeks: Addition of heel raises, total gym (closed chain), gait normalization, eccentric quads, eccentric hamstrings Advance core, glutes and pelvic stability
<i>PHASE III</i> <i>8-12 weeks</i>	Full	None	Full	Progress closed chain activities Advance hamstring work, lunges/leg press 0-90 ° only, proprioception/balance exercises Begin stationary bike
<i>PHASE IV</i> <i>12-24 weeks</i>	Full	None	Full	Progress Phase III exercises and functional activities: walking lunges, planks, bridges, swiss ball, half-bosu exercises Advance core/glutes and balance
<i>PHASE V</i> <i>6-9 months</i>	Full	None	Full	Advance all activity w/o impact such as running, jumping, pivoting, sports until cleared by MD

- Brace may be removed for sleeping after first post-operative visit (day 7-14)
- Avoid any tibial rotation for 8 weeks to protect meniscus

For any questions or concerns regarding the protocol or rehabilitation process please contact my Athletic Trainer below.