## Osteochondral Allograft - Femoral Condyle

	Name:							DOB:	•			
	Dr: Doan							DOS:				
DOM		_			eks	fro		urgery				
ROM RESTRICTIONS	ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9-14+	15-20+	21-26+	27+
RESIRIONOIG	Flexion/Extension – wall slides											
FROM	Flexion/Ext - seated/calf assisted											
	Patella/Tendon mobilization											
BRACE SETTINGS	Extension mobilization (no hyperext)											
	Quad series											
	Hamstring sets											
	Terminal knee extension, Straight											
T scope 0-0 until no quad lag then 0-90 x 6 wks	leg raise (when no quad lag)											
	Ankle pumps											
	Bike with no resistance											
X O VVKS	Progress to Endurance: ROM >125°, Quad set that terminally extends the knee											
	Muscular Endurance 3 x 15, 45s rest								9-14+			
	Lateral band stepping											
Weight	Single leg leg press											
Bearing	Squat progression											
status	RDL											
NWB x 6	Tuck squat	<u> </u>			700/	V	! -		10,10,10,00	h Oamasia	la ta aida	
weeks	Progress to strength: 15+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference											
	Muscular Strength 3 x 10 120s rest									15-20+		
ODM.	Muscular Strength 3 x 10 120s rest Lateral band stepping									15-20+		
СРМ										15-20+		
	Lateral band stepping									15-20+		
CPM 0-70 x 6 wks 6 hours per	Lateral band stepping Single leg leg press									15-20+		
0-70 x 6 wks	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat											
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0-70 x 6 wks 6 hours per	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Qu <4cm side to side difference Muscular Power 3 x 6, 180s rest	uad i	inde	x >90	0%, 1	Ham	nstrir	ng inde	x >90%, Y k		nterior rea	ach
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0-70 x 6 wks 6 hours per	Lateral band stepping  Single leg leg press  Hex bar squat  Kettlebell deadlift  Elevated split squat  Progress to power: 21+ weeks & Quantification of the company of the									palance ai		
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Questions - Please call: