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Patient Name:

Date:

Date of Surgery:

**Knee Rehabilitation:
Osteochondral allograft**

Weightbearing:

- Post-op brace, strict TTWB for first 6 weeks
- Unlock brace at 2-3 weeks (0-40 degrees)
- Discard long leg brace after 6 weeks
 - Start unloader brace at ~6 weeks - transition off crutches to WBAT

Range of motion exercises:

- Week 0 - 4: 0-90 degrees
- Week 4 - 6: to maximum
- Home CPM for 4-6 hours per day for first six weeks

- Begin isometric quad sets in full extension immediately:
 - straight leg raising with knee in full extension (~300-500 rep qday)
 - quad sets

- Begin exercise bike and closed kinetic chain exercises at 3-4 weeks
 - *Plyometrics at 16 weeks
 - *OK to swim at 8 weeks

 - *Anti-inflammatory modalities as needed

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD