



**REHABILITATION PROTOCOL: OSTEOCHONDRAL
 AUTOGRAFT TRANSPLANT (OATS)**

Name

Date

Diagnosis

Date of Surgery

Phase I (Weeks 0-6)

- **Weightbearing:** Non-weightbearing
- **Bracing:**
 - o Hinged knee brace locked in extension (week 1) – remove for CPM and rehab with PT
 - o Weeks 2-6: Gradually open brace in 20° increments as quad control is obtained
 - o D/C brace when patient can perform straight leg raise without an extension lag
- **Range of Motion** – Continuous Passive Motion (CPM) Machine for 6-8 hours per day for 6-8 weeks
 - o Set CPM to 1 cycle per minute – starting at 40° of flexion
 - o Advance 10° per day until full flexion is achieved (should be at 100° by week 6)
 - o PROM/AAROM and stretching under guidance of PT
- **Therapeutic Exercises**
 - o Patellar mobilization
 - o Quad/Hamstring/Adductor/Gluteal sets – Straight leg raises/Ankle pumps
 - o Stationary bike for ROM

Phase II (Weeks 6-8)

- **Weightbearing:** Advance to full weightbearing as tolerated -- discontinue crutch use
- **Range of Motion** – Advance to full/painless ROM (patient should obtain 130° of flexion)
- **Therapeutic Exercises**
 - o Closed chain exercises – wall sits, shuttle, mini-squats, toe raises
 - o Gait training
 - o Patellar mobilization
 - o Begin unilateral stance activities

Phase III (Weeks 8-12)

- **Weightbearing:** Full weightbearing
- **Range of Motion** – Full/Painless ROM
- **Therapeutic Exercises**
 - o Advance closed chain strengthening exercises, proprioception activities
 - o Sport-specific rehabilitation
- Gradual return to athletic activity as tolerated
 - o Jogging -- 3 months
 - o Higher impact activities – 4-6 months
- Maintenance program for strength and endurance

Comments:

Frequency: _____ times per week **Duration:** _____ weeks

Signature: _____ **Date:** _____