



Rehabilitation Protocol: Osteochondral Autograft Transfer (OATs)

	Weight Bearing	Brace Use	Range of Motion	Therapeutic Elements
PHASE I 0 - 2 weeks	Non-weight bearing (NWB) with crutches.	Locked in extension. Remove for CPM and exercises.	CPM: 6-8 hrs / day. Start -5 to 45 degrees. Increase 5-10 degs / day as tolerated.	Quad sets, SLR, hamstring isometrics, ankle pumps. Regain full extension. Hamstring stretching. Patella mobs.
2 - 6 weeks	Touch-down (TDWB) with crutches.	Brace progressively opened as quad control returns.	P/AROM as tol. Goal: at least 90 degs by 4wks, 120 degs by 6wks.	
PHASE II 6 - 8 weeks	As tolerated (WBAT). Wean off crutches.	Discontinue brace if patient has controlled SLR without extension lag.	Full A/PROM.	Gait training. Begin progressive closed chain exercise. Short arc wall sits and leg press. Bicycle.
8 - 12 weeks	Full weight bearing (FWB) with normal gait.	None.	Full A/PROM.	Advance closed chain exercise. Balance exercises.
PHASE III 3 - 4 months	FWB.	None.	Full A/PROM.	Advance Begin open chain strengthening. Swimming and Treadmill walking for exercise. Progress to Elliptical (EFX).
PHASE IV 4 - 6 months	FWB.	None.	Full.	Continue strength training. May begin a progressive running and agility program. Consider return to high impact sports.

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