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**REHAB PROTOCOL: Osteochondral Autograft (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

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**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:** \_\_\_\_\_