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Rehabilitation Protocol: **OATS** Procedure

1. Definition: Osteochondral Autograft/Allograft Transfer System (OATS) - a method for autogenous/allograft hyaline cartilage resurfacing of full thickness chondral defects of the weight bearing areas of the femoral condyle.

DOS: _____ Defect location _____

2. Immediate post op period: 0-6 weeks

- A. Non-weight bearing _____ weeks from date of surgery, then partial weight bear for _____ weeks.
- B. Brace locked in extension while ambulating for _____ weeks
- C. CPM (continuous passive motion) instructions
 1. Femoral condyle _____ °, increase by _____ ° daily for a goal of _____ ° by 3 weeks
 2. Trochlea defect _____ °, then the same as above
 3. CPM use 6-10 hours per day in 2 hour increments
- D. Active, Active Assisted, and Passive range of motion
- E. Isometric quad, VMO strengthening
- F. Water activities allowed for straight leg swim, and kick (no breast stroke or side kick)
- G. Maintain Flexibility and mobility of uninvolved leg and unaffected joints of involved leg
- H. RESTRICTIONS:

3. 6-8 weeks Phase:

- A. Progress to Full Weight bear gradually by the _____ week
- B. Start treadmill / slow gait training
- C. Range of motion – full
- D. Strengthening- isometric and closed chain quad & hamstring
- E. Resistive exercises of hamstring, calves, hip
- F. Stationary Bike

4. 12 weeks- 5 months

- A. Progress treadmill with incline for mild impact
- B. _____ Jog, _____ running
- C. Full ROM



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- D. Strengthening- increase workload
5. 6 + months:
- A. Initiate impact training, fast walk, and light jog on treadmill with incline.
 - B. Full ROM
 - C. Strengthening- more advance training
 - D. FCT-plyometric training, jumping, side steps possible.