

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°. Increase 5-10° per day as tolerated.	Quad sets, SLR, hamstring isometrics, ankle pumps. Regain full extension. Hamstring stretching. Patella mobs. BFR training.
2 - 6 weeks	Touch-down (TDWB) with crutches.	Brace progressively opened as quad control returns.	P/AROM as tolerated. Goal: at least 90° degs by 4weeks, 120° by 6weeks.	
PHASE II 6 - 8 weeks	50% WB x 1 week, then advance to FWB as tolerated, then wean 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. Stationary 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 advanced strength training. May begin a progressive running and agility program. Consider return to high impact sports.