

SPECTRUM MEDICAL

Surgical Date: _____

Rehab Start Date: _____

OATS Protocol

OSTEOCHONDRAL AUTOGRAFT TRANSFER (OATS) PROCEDURE PROTOCOL

WEIGHT BEARING TOLERANCES: (Range from 4-7 weeks depending on repair.)

- ✓ Toe Touch for 2 weeks
- ✓ 25% body weight @ 3-4 Weeks
- ✓ 50-75% @ 5-6 Weeks
- ✓ Full Weight Bearing @ 6-8 Weeks

BRACE: Used for the first 8 weeks for protection

PHASE 1: WEEKS 1-2

GOALS:

- ✓ ROM 0-90°
- ✓ Adequate Quad Control
- ✓ Control Inflammation and Effusion

ROM:

- ✓ PROM 0-90°
- ✓ Patella Mobilization
- ✓ Ankle Pumps
- ✓ Hamstring/Gastroc/Soleus Stretch

STRENGTH:

- ✓ SLR Flexion
- ✓ Quad Sets
- ✓ Knee Extension (Active-Assist 90°-30°)
- ✓ Plantar flexion with Theraband

PHASE 2: WEEKS 3-4

GOALS:

- ✓ ROM 0-120°
- ✓ Good Patella Mobilization
- ✓ Good Quad Sets

STRENGTH:

- ✓ SLR Flexion/Extension/Adduction/Abduction
- ✓ Low Resistance Stationary Bike
- ✓ Aquatic Therapy/Swimming
- ✓ Mini Squats (0-50°)

PHASE 3: WEEKS 5-12

GOALS:

- ✓ Good Patella Mobilization
- ✓ ROM WNL (0-135°)
- ✓ Minimal Mobilization

ROM:

- ✓ PROM 0-135°
- ✓ Hamstring/Gastroc/Soleus Stretch
- ✓ Patella Mobilization

Strength:

- ✓ Closed Chain (All Repairs)
- ✓ Initiate Isotonic Strengthening Programs
- ✓ Heel Lifts
- ✓ Wall Sits/Squats (to 70°)
- ✓ Knee Extension (Active 90°-30°)
- ✓ Hamstring Curls (0-90° → 5-6 Weeks peripheral)
- ✓ Hamstring Curls (all repairs @ 7-8 Weeks)
- ✓ Multi-Hip

SPECTRUM MEDICAL

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OATS Protocol

- ✓ Proprioception/Balance Exercises
- ✓ Leg Press (70°-10°)
- ✓ No Full Squats or Lunges

Balance:

- ✓ Weight Shifts
- ✓ Balance Board
- ✓ Cup Walking

WEEKS 9-12

Aerobic Conditioning:

- ✓ Bike
- ✓ Stair Machine

PHASE 3: WEEKS 13-26

Isometric Test:

Running Program: (16-20 Weeks Peripheral, 30% Deficit Isometric Test)

- ✓ Jog
- ✓ Walk
- ✓ Backward Run
- ✓ Initiate Running Program (Per Physician)

Cutting Program: (20 Weeks Peripheral, 20% Isokinetic Test)

- ✓ Progress to Running and Agility Drills (20-26 Weeks)
- ✓ Lateral
- ✓ Carioca
- ✓ Figure 8's

Functional Training: (20 Weeks Peripheral)

- ✓ Squats (0-65°)
- ✓ Front Lunges (0-90°)
- ✓ Plyometric Training
- ✓ Sport Specific Drills (10-15% Isokinetic Test)
- ✓ Low Impact Activities/Sports (4 Months)
- ✓ Moderate Impact Activities/Sports (5 Months)
- ✓ High Impact Activities/Sports (6 Months)

Return to Sports: 6-7 Months