

Knee Osteochondral Transfer (OATS) Rehabilitation Protocol (ACL Intact Knee)

- I. 0-3 Weeks
 - a. Initiate Continuous Passive Motion immediately post-op
 - i. CPM 6-8 hours/day or 500 cycles of active flexion TID
 - ii. ROM: 0-70 degrees, increase by 5 degrees/shift until full ROM achieved
 - iii. Full Extension w/in 1 Week
 - b. Non weight/flat foot weight bearing w/Crutches for 6-8 weeks
 - c. Isometric Exercises for 8 weeks
 - d. No hinged knee brace needed
- II. 3 -6 Weeks
 - a. Begin stationary biking w/o resistance
 - b. Begin deep water exercise program as available
 - i. Deep water running w/kickboard and/or flotation vest
 - c. Continue w/crutches and Flat foot weight bearing status
 - d. Full Flexion in 3 weeks
 - e. Continue w/ROM goals
- III. 6-8 Weeks
 - a. Progress weight bearing to full weight bearing over 1-2 weeks
 - b. Full WB at 8 weeks
- IV. 8 Weeks
 - a. Begin strengthening of periarticular muscles
 - i. Initiate elastic resistance cord exercises
 - b. More vigorous active ROM program
 - c. Walk without Limp
- V. 12 Weeks
 - a. Begin Jogging if cleared by Surgeon (start w/50-75% pace)
 - b. Full Active ROM achieved
- VI. 4-6 Months
 - a. Return to weight training w/proper form and interval type training emphasized
 - b. Return to Sports/cutting/pivoting at 6+ Months
 - c. Full running after 6-9 Months