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OSTEOCHONDRAL AUTOLOGOUS TRANSPLANT (OATS) PROTOCOL TROCHLEA/PATELLA

GENERAL GUIDELINES:

- CPM machine at 0°- 40° for the first few days, then increase by 5° increments per day as tolerated until 100° is reached. Utilize CPM for at least 4 weeks unless otherwise instructed by M.D.
- TTWB to PWB with crutches or walker-Specified by MD
- Brace unlocked 0°-30° when adequate quadriceps control is established. Wean from brace at 6 weeks unless otherwise instructed by M.D.
- Regain full knee Extension as quickly as possible. Sleep in the brace locked at 0° until full extension is maintained.
- Patellofemoral protection restrictions with all exercises.
- Elevate the entire leg. Do not place pillows under the knee for long periods of time.
- Modalities: PRN for pain and inflammation.
- Utilize cryotherapy for 20 to 30 minutes every hour for pain and swelling reduction.

WEEKS 0-3

- Restore patellar mobility.
- Restore knee extension (low load-long duration stretching).
- Hamstring/gastrocnemius stretches.
- Ankle ROM for swelling and DVT prevention.
- PROM of knee (Seated flexion-with assisted knee extension, assisted heel slides)-Goal of 90° by week 3.
- 4-way open chain straight leg exercises.
- Weight shifts and Toe-Calf raises as weight bearing tolerates.
- Initiate HS isometrics on the ball.
- *Focus on knee remaining locked in concentric and eccentric phase. Increase reps and hold time initially, before adding resistance. No ankle weight until extensor lag is eliminated.*
- *No active knee extension exercises.*
- Modalities: PRN for pain and swelling.
- NMES for Quadriceps activation and re-education.

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WEEKS 4-7

- Increase ROM as tolerated (goal of 105° by week 4 and 120° by week 6)
- Continue to increase hip resistance during open chain exercises as tolerated.
- Light hamstring Isotonics.
- May start light aquatic exercises once good Quadriceps control is established and wound is healed appropriately.
- Initiate stationary bike for range of motion without resistance.
- Gait training and proprioceptive/balance exercises as weight bearing restrictions allow.

WEEKS 8-12

- Increase resistance with all exercises as tolerated.
- Increase leg strength allow for normal gait and walking longer distances.
- Start closed chain exercises as tolerated in a protected range. (1/3 Partial Squats, Leg press with light resistance and high repetitions (0-45°), calf raises, proprioceptive exercises, BAPS board)
- Initiate Step up/down exercises without compensations.
- Increase resistance with stationary bike.
- Sport specific exercises and Sportsmetrics program.
- Initiate jogging program when allowed by M.D.
- Agility drills when tolerated.
- Increase Cardio as tolerated.