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REHABILITATION PROTOCOL – OSTEOCHONDRAL AUTOGRAFT FEMORAL CONDYLE (OATS)

Phase I (0-6 weeks)

Weight Bearing: Toe touch weight-bearing with crutches

Brace:

- Weeks 0-2: Locked in extension for sleeping and all activity (off for CPM and PT)
- Weeks 2-6: Open brace 0-60°; advance 0-90° at week 4

ROM:

- Start at 0-45° with CPM; advance 5-10° daily as tolerated with CPM or stationary bike
- Goal of 100° by week 6

Exercises:

- Weeks 0-2: Quad sets, patellar mobilization, straight leg raises, ankle pumps
- Weeks 2-6: Add quad/hamstring/gluteal sets, SLRs, side-lying hip, core

Phase II (6-8 weeks)

Weight Bearing: Advance to as tolerated – discontinue crutches

Brace: None

ROM: Full

Exercises: Continue as above

Phase III (8-12 weeks)

Weight Bearing: As tolerated

Brace: None

ROM: Full

Exercises:

- Continue as above
- Gait training
- Closed chain strengthening quads, hamstrings, gluteals (wall sits, mini-squats, toe raises)
- Proprioception exercises (unilateral stance, balance)

Phase IV (12-26 weeks):

Weight Bearing: As tolerated

Brace: None

ROM: Full

Exercises:

- Continue as above
- Eccentric hamstring, gluteals; maximize core/gluteal strength; elliptical, stationary bike
- After 30 weeks: advance to drills, jumping, cutting if cleared by Dr. Welch

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