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Osteochondral Autograft Transfer (OATS) Rehab Protocol

The intent of this protocol is to provide the therapist with a guideline for the postoperative rehabilitation course of a patient that has undergone an OATS procedure. It is not intended to be a substitute for appropriate clinical decision-making regarding the progression of a patient's post-operative course. The actual post surgical physical therapy management must be based on the surgical approach, physical exam/findings, individual progress, and/or the presence of post-operative complications.

Phase One (0-6 weeks)

- Decrease pain.
- Non Weight Bearing as with crutches.
- Brace
 - o 0-1 week
 - Locked in full extension at all times. Remove for CPM and exercises only.
 - o 2-4 weeks
 - Gradually open brace in 20deg increments as quad control is gained.
 - o Discontinue use of brace when quads can control SLR without an extension
- Range of Motion
 - o 0-6 weeks:
 - CPM: use for 6-8 hours per day - begin at 0-40deg, 1 cycle/minute - increasing 5-10deg daily per patient comfort. Patient should gain 100deg by week 6
 - Therapeutic exercises 1- 4 weeks
 - o PROM/AAROM to tolerance
 - o Patella and tibiofibular joint mobs (grades I & II)
 - o Stationary bike for ROM
 - o Quad, hamstring, adduction, and gluteal sets
 - o Hamstring stretches
 - o Hip strengthening
 - o SLR
 - o Ankle pumps

Phase Two (6-8 weeks)

- Weight bearing - progress to full weight bearing as tolerated.

- Brace
- o None.
- Range of motion
- o Gradually increase flexion.
- o Patient should obtain 130deg of flexion

Therapeutic exercises

- o Gait training
- o Scar and patellar mobs
- o Quad/hamstring strengthening
- o Begin closed chain activities (wall sits, shuttle, mini-squats, toe raises)
- o Begin unilateral stance activities

Phase Three (8 to 12 weeks)

- Weight bearing as tolerated with normalized gait pattern
- Brace - none
- ROM - gain full and pain free motion
- Therapeutics
- o Treadmill - walking progress to jogging
- o Advance closed chain strengthening
- o Stairmaster, balance, and proprioception activities
- o Sport specific training at 6 months.
- o Initiate plyometric program at 6-9months post op.