

Rehabilitation Protocol for Osteochondral Transplantation (OATS) to Femoral Condyle



Dr. Feinstein

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-4 WEEKS	Toe touch WB with brace locked & crutches	<ul style="list-style-type: none"> 0-2 weeks: Locked in full extension at all times Off for exercises and hygiene 2-4 weeks: Locked in extension for ambulation, otherwise unlocked 	<ul style="list-style-type: none"> As tolerated STRESS FULL EXTENSION 	<ul style="list-style-type: none"> Heel slides, quad sets, patellar mobs, SLR, SAQ Progress pROM & aaROM as tolerated Quad, hamstring, glut sets Side-lying hip & core
PHASE II 4-8 WEEKS	<ul style="list-style-type: none"> 4-6 weeks: 50% partial WB with crutches & brace unlocked 6-8 weeks: Progress to full WB, wean out of brace 	<ul style="list-style-type: none"> Unlocked Discontinue at 6 weeks 	As tolerated to full	<ul style="list-style-type: none"> Advance Phase I exercises Gait training Begin stationary bike at 6 weeks
PHASE II 8-12 WEEKS	Full	None	Full	<ul style="list-style-type: none"> Begin closed-chain activities: wall sits, shuttle, mini-squats, toe raises, etc. Begin unilateral stance activities, balance training
PHASE IV 3-6 MONTHS	Full	None	Full	<ul style="list-style-type: none"> Progress Phase III exercises and functional activities: core & glutes, pelvic stability, eccentric HS Advance to elliptical, bike, pool as tolerated
PHASE V 6-12 MONTHS	Full	None	Full	<ul style="list-style-type: none"> Advance functional activity Jogging, running, aerobics at 8-10 months High impact sports at 12 months

*If you have any problems or questions, please call your doctor's office (8am-5pm).
Answering service for after hours.*

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