

Osteochondral Autograft Transplantation (OATS) of the Knee (Medial or Lateral Femoral Condyle) Protocol

	Weight-bearing	Brace	Range of Motion	Exercises
Phase 1 0-2 weeks	Weight bearing as tolerated	<p>0-2 weeks: Locked in full extension at all times</p> <p>May unlock for ambulation when able to perform a straight leg raise and range painless from 0-90°</p> <p>Discontinue after 2 weeks</p>	CPM 6 hours/day; begin 0-50° and advance 10° daily as tolerated	<p>Calf pumps, patellar mobilization, quadriceps tightening sets and SLR</p> <p>Add side-lying hip and core, advance quadriceps and hamstring sets</p> <p>Advance core work with hip, gluteal and core strengthening</p>
Phase 2 2-6 weeks	Full	None	Full	<p>Gait normalization with closed chain activities: wall sits, shuttle, mini-squats, toe raises</p> <p>Advance core work with hip, gluteal and core strengthening</p> <p>Begin unilateral stance activities and balance training</p>
Phase 3 6-12 weeks	Full	None	Full	<p>Progress Phase II exercises and functional activities: walking lunges, planks, bridges, Swiss ball, half-Bosu exercises</p> <p>May advance to bike, elliptical, pool as tolerated</p>

Phase 4 3-6 months	Full	None	Full	Advance core work with hip, gluteal and core strengthening Advance non-impact activity No running, jumping, pivoting, or sports participation unless cleared by MD (after 3-4 months)
CPM – continuous passive motion machine; SLR – Straight-leg raise				