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Post-Operative Rehabilitation Guidelines for Osteochondral Allograft Transplant (OATS)

- 0-6 Weeks: Strict NWB with crutches
Knee immobilizer until quad control is adequate
Quad sets, Patellar mobilization, SLR
- 6-8 Weeks: Progress to Full WB by 6 weeks post op
D/C any immobilizer
Begin Active ROM as tolerated. Advance to full ROM.
SLR, Closed Chain Quad Strengthening, Hip Strengthening
May initiate stationary bike for ROM.
- 8-12 Weeks: Full Pain free ROM
Begin closed chain activities (wall sits, mini-squats, lunges, shuttle)
- 12 Weeks: Normal pain free gait.
Progressive Active strengthening
Begin sports specific exercises