

Carlton Houtz, M.D.
Highland Clinic Orthopaedics and Sports Medicine

**Osteochondral Autograft Transfer (OATS) or
Osteochondral Fracture Repair**

	Weight Bearing	Brace	Range of Motion	Therapeutic Elements
PHASE I 0 – 2 weeks	Non-weight bearing (NWB) with crutches.	Locked in extension. Remove for CPM and exercises.	CPM: 6-8 hrs / day. Start -5 to 45 degrees. Increase 5-10 degs /day as tolerated. Goal: full extension by 2 wks, 90° flexion by 4wks, 120° by 6 wks.	Quad sets, SLR, quad/hamstring isometrics, ankle pumps, patellar mobilizations, Hamstring stretches. Modalities: ice, stim.
2 – 6 weeks	TDWB with crutches.	Brace progressively opened as QUAD control returns.	Same	Same
PHASE II 6 – 8 weeks	WBAT. Wean off crutches.	D/C brace if has controlled SLR without extension lag	Full AROM/PROM	Gait training. Begin progressive closed chain exercise. Short arc wall sits and leg press. Bicycle.
8-12 weeks	Full WB with normal gait	None	Full A/PROM.	Advance closed chain strengthening exercise. Balance exercises.
PHASE III 3-4 months	FWB	None	Full ROM	Begin open chain strengthening. Swimming and Treadmill walking. Progress to Elliptical
PHASE IV 4-6 months	FWB	None	Full ROM	May begin a progressive running and agility program. Consider return to high impact sports.